



## Pistachio and White Chocolate Mousse Tartlets

READY IN



75 min.

SERVINGS



30

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup whipping cream
- 4 oz chocolate white coarsely chopped
- 2 tablespoons pear liqueur orange-flavored
- 4.2 oz athens phyllo shells frozen mini thawed (30 shells total)
- 0.3 cup pistachios finely chopped
- 6 oz raspberries fresh

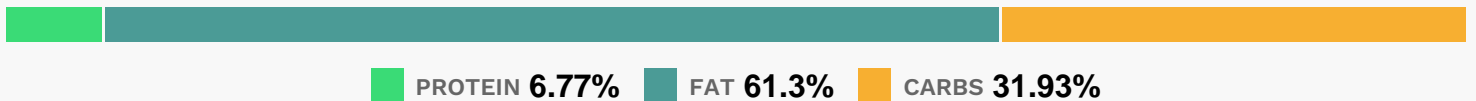
### Equipment

- bowl
- sauce pan
- hand mixer
- ziploc bags

## Directions

- In 1-quart saucepan, heat whipping cream just to boiling.
- Place white chocolate in small metal bowl.
- Pour hot cream over chocolate; stir until smooth. Stir in liqueur. Refrigerate about 1 hour, stirring occasionally, until very cold.
- In large bowl, beat cold chocolate mixture with electric mixer on medium speed about 1 minute or until mixture begins to thicken, then on high speed until stiff peaks form. (If mixture will not beat into stiff peaks, it is not cold enough.) Continue with recipe, or store in refrigerator up to 4 hours before making tartlets.
- Just before serving, spoon mousse into gallon-size food-storage plastic bag; seal bag.
- Cut 1/2-inch tip off bottom corner of bag; evenly pipe mousse into each phyllo shell.
- Sprinkle each tartlet with nuts and garnish with 1 raspberry. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:1.67, Inflammation Score:-1, Nutrition Score:1.1443478322547%

## Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 73.45kcal (3.67%), Fat: 5.13g (7.89%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.17g (3.53%), Cholesterol: 9.76mg (3.25%), Sodium: 13.87mg (0.6%), Alcohol: 0.4g (100%), Alcohol %: 2.16% (100%), Protein: 1.27g (2.55%), Manganese: 0.05mg (2.53%), Vitamin A: 123.88IU (2.48%), Vitamin C: 1.61mg (1.95%), Fiber: 0.48g (1.93%), Phosphorus: 17.92mg (1.79%), Vitamin B2: 0.03mg (1.73%), Calcium: 15.25mg (1.53%), Vitamin B6: 0.03mg (1.27%), Vitamin E: 0.18mg (1.21%), Copper: 0.02mg (1.08%), Potassium: 37.42mg (1.07%)