



Pluma Moos (Fresh Fruit Mousse)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

Ingredients

- 1 cinnamon sticks
- 3 tablespoons cornstarch
- 0.5 teaspoon ginger fresh grated
- 16 ounces fruit mixed frozen (see note above)
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 2 pounds plums pitted quartered
- 1 cup rhubarb diced

- 1.5 cups sugar
- 2 teaspoons vanilla extract
- 3 cups water cold

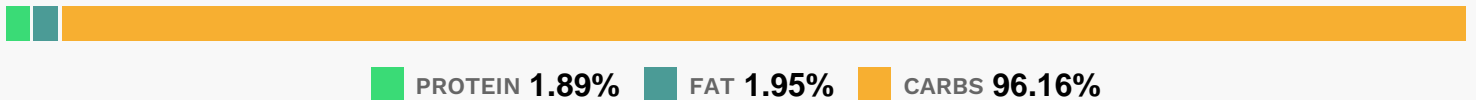
Equipment

- food processor
- sauce pan
- whisk

Directions

- In a large saucepan, add water, half the plums, 1/2 of the mixed fruit, rhubarb, sugar, spices and vanilla. Bring the mixture to boil. Reduce the heat to low, cover, and simmer slowly until the fruit is tender about 10 minutes.
- Discard the cinnamon stick, return the liquid to boil uncovered, until it reduces reduced by half, stirring occasionally.
- Whisk in corn starch and continue cooking until mixture thickens. If you are using very seeded fruit (like blackberries) you'll want to strain the mixture before pureeing. Puree mixture in food processor. Chill for at least an hour and serve with remaining fruit on top.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:61.28, Inflammation Score:-7, Nutrition Score:9.7691304320874%

Flavonoids

Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Epicatechin 3-gallate: 1.91mg, Epicatechin 3-gallate: 1.91mg, Epicatechin 3-gallate: 1.91mg, Epicatechin 3-gallate: 1.91mg Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg Gallocatechin: 0.2mg,

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Nutrients (% of daily need)

Calories: 496.1kcal (24.8%), Fat: 1.13g (1.74%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 125.17g (41.72%), Net Carbohydrates: 119.04g (43.29%), Sugar: 110.76g (123.06%), Cholesterol: 0mg (0%), Sodium: 17.72mg (0.77%), Alcohol: 0.69g (100%), Alcohol %: 0.14% (100%), Protein: 2.45g (4.91%), Vitamin C: 26.53mg (32.16%), Vitamin K: 29.12µg (27.73%), Fiber: 6.13g (24.52%), Vitamin A: 1158.93IU (23.18%), Manganese: 0.45mg (22.56%), Potassium: 556mg (15.89%), Copper: 0.26mg (13.2%), Vitamin B3: 1.51mg (7.54%), Magnesium: 28.58mg (7.15%), Vitamin B2: 0.11mg (6.6%), Calcium: 61.75mg (6.17%), Vitamin B1: 0.08mg (5.62%), Phosphorus: 56.11mg (5.61%), Iron: 0.97mg (5.36%), Vitamin B6: 0.09mg (4.71%), Vitamin E: 0.7mg (4.69%), Folate: 15.95µg (3.99%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.41mg (2.75%), Selenium: 0.99µg (1.42%)