



## Raspberry Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



242 kcal

DESSERT

### Ingredients

- 2 egg yolk
- 2 large eggs
- 1 envelope gelatin powder unflavored
- 0.8 cup granulated sugar
- 1 tablespoon juice of lemon
- 0.3 cup powdered sugar
- 12 ounce raspberries fresh
- 1 tablespoon raspberry liqueur

- 1 tablespoon water cold
- 1.5 cups whipping cream

## Equipment

- food processor
- bowl
- frying pan
- whisk
- sieve
- blender
- double boiler

## Directions

- Process raspberries in a blender or food processor until smooth.
- Pour through a wire-mesh strainer into a bowl, discarding seeds; set aside. (Pulp and liquid should equal about 1 1/2 cups.)
- Stir together lemon juice and 1 tablespoon cold water; sprinkle gelatin over lemon juice mixture. Stir and let stand 1 minute; set aside.
- Whisk together 1 cup raspberry puree, granulated sugar, eggs, and egg yolks in top of a double boiler. Bring water to a slight boil in bottom pan; reduce heat to low, and cook, whisking constantly, 20 minutes or until mixture thickens and reaches 16
- Remove pan from heat.
- Whisk gelatin mixture into raspberry puree mixture in pan, whisking constantly, 1 minute and 30 seconds or until blended.
- Whisk in remaining 1/2 cup raspberry puree and raspberry liqueur; chill 30 minutes or until consistency of unbeaten egg white.
- Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Fold in raspberry mixture.
- Pour into a lightly greased 6-cup mold; cover and chill 8 hours or until firm. Unmold onto a serving dish.
- \*1 (10-ounce) package frozen raspberries, thawed, may be substituted.

# Nutrition Facts

PROTEIN 6.27% FAT 55.09% CARBS 38.64%

## Properties

Glycemic Index:9.61, Glycemic Load:10.95, Inflammation Score:-4, Nutrition Score:5.4026087107866%

## Flavonoids

Cyanidin: 15.57mg, Cyanidin: 15.57mg, Cyanidin: 15.57mg, Cyanidin: 15.57mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 241.68kcal (12.08%), Fat: 15.07g (23.19%), Saturated Fat: 8.88g (55.48%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.57g (7.84%), Sugar: 21.03g (23.36%), Cholesterol: 116.42mg (38.81%), Sodium: 27.7mg (1.2%), Alcohol: 0.39g (100%), Alcohol %: 0.46% (100%), Protein: 3.86g (7.72%), Vitamin A: 642.02IU (12.84%), Vitamin C: 9.71mg (11.77%), Manganese: 0.23mg (11.75%), Selenium: 6.62µg (9.45%), Fiber: 2.22g (8.86%), Vitamin B2: 0.15mg (8.83%), Phosphorus: 64.89mg (6.49%), Vitamin D: 0.97µg (6.44%), Vitamin E: 0.82mg (5.5%), Folate: 19.04µg (4.76%), Vitamin B5: 0.47mg (4.67%), Calcium: 43.03mg (4.3%), Vitamin K: 3.85µg (3.67%), Vitamin B12: 0.22µg (3.61%), Iron: 0.56mg (3.13%), Copper: 0.06mg (3.1%), Vitamin B6: 0.06mg (3.08%), Potassium: 105.48mg (3.01%), Zinc: 0.44mg (2.96%), Magnesium: 11.67mg (2.92%), Vitamin B1: 0.03mg (1.93%), Vitamin B3: 0.24mg (1.19%)