



Ricotta-Honey Mousse with Summer Berries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

DESSERT

Ingredients



1.5 cups blackberries



1.5 tablespoons mint leaves fresh thinly sliced



0.3 cup honey



0.3 cup orange juice fresh



1.5 teaspoons orange rind grated



1.5 cups raspberries



12 ounces whole-milk ricotta cheese



1.5 cups strawberries halved

☐ 3 tablespoons sugar

Equipment

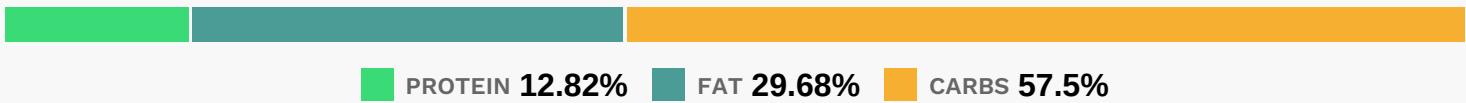
☐ bowl

☐ whisk

Directions

- ☐ Place honey, rind, and ricotta in a medium bowl; stir well with a whisk to combine. Cover and chill.
- ☐ Combine berries, juice, sugar, and sliced mint, tossing gently to coat.
- ☐ Let stand at room temperature 5 minutes; cover and chill. Spoon 1/3 cup berry mixture into each of 6 parfait glasses or small bowls; top each serving with about 1/4 cup ricotta mixture. Divide remaining fruit mixture evenly among servings.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:48.73, Glycemic Load:14.92, Inflammation Score:-6, Nutrition Score:10.214782611183%

Flavonoids

Cyanidin: 50.32mg, Cyanidin: 50.32mg, Cyanidin: 50.32mg, Cyanidin: 50.32mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 9.4mg, Pelargonidin: 9.4mg, Pelargonidin: 9.4mg, Pelargonidin: 9.4mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 14.85mg, Catechin: 14.85mg, Catechin: 14.85mg, Catechin: 14.85mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg

0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 227.62kcal (11.38%), Fat: 7.89g (12.14%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 29.61g (10.77%), Sugar: 27.31g (30.35%), Cholesterol: 28.92mg (9.64%), Sodium: 49.97mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin C: 42.93mg (52.03%), Manganese: 0.61mg (30.37%), Fiber: 4.79g (19.16%), Calcium: 147.24mg (14.72%), Selenium: 8.77µg (12.53%), Phosphorus: 118.37mg (11.84%), Vitamin K: 10.89µg (10.38%), Vitamin B2: 0.15mg (9.08%), Folate: 35.8µg (8.95%), Vitamin A: 419.44IU (8.39%), Potassium: 256.99mg (7.34%), Zinc: 1.09mg (7.25%), Magnesium: 27.34mg (6.84%), Copper: 0.13mg (6.6%), Vitamin E: 0.85mg (5.7%), Iron: 0.96mg (5.35%), Vitamin B5: 0.4mg (4.03%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.7mg (3.5%), Vitamin B12: 0.19µg (3.21%), Vitamin B1: 0.04mg (2.92%)