



Ricotta-Mascarpone Mousse with Balsamic Strawberries



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 1 cup heavy whipping cream
- ☐ 1 pound milk ricotta cheese whole
- ☐ 8 ounces mascarpone cheese
- ☐ 0.8 cup granulated sugar
- ☐ 1 lemon zest grated
- ☐ 2 pounds strawberries hulled cut into quarters
- ☐ 0.3 cup balsamic vinegar to taste

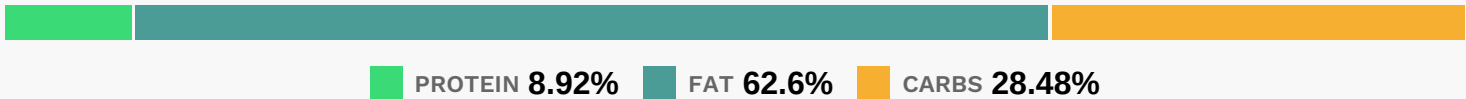
Equipment

- ☐ bowl
- ☐ pastry bag

Directions

- ☐ Whip cream to soft peaks: In a medium bowl, beat the cream until soft peaks form.
- ☐ Beat ricotta mascarpone mixture: In a large bowl combine the ricotta, mascarpone, 1/2 cup of the sugar, and lemon zest. Using an electric beater, whip the ricotta-mascarpone mixture until thoroughly combined and smooth.
- ☐ Fold whipped cream into ricotta mixture, chill: Gradually fold the whipped cream into the ricotta until the mixture is smooth. Cover and refrigerate for a couple of hours.
- ☐ Mix strawberries with sugar and balsamic: Put strawberries in another bowl. Half an hour before serving gently mix in the remaining sugar and balsamic vinegar. Make sure you don't let the strawberries sit in the balsamic vinegar much longer than 30 minutes before serving or the acidity of the vinegar will cook the strawberries.
- ☐ Assemble: When you are ready to serve, fill glass bowls halfway with the strawberries and their juices. Spoon on the ricotta-mascarpone mousse or use a pastry bag to pipe the mousse.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:16.81, Inflammation Score:-7, Nutrition Score:11.352173846701%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-

gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 443.22kcal (22.16%), Fat: 31.26g (48.09%), Saturated Fat: 19.5g (121.88%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 29.65g (10.78%), Sugar: 26.5g (29.45%), Cholesterol: 90.88mg (30.29%), Sodium: 74.45mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Vitamin C: 67.82mg (82.21%), Manganese: 0.45mg (22.63%), Vitamin A: 1100.51IU (22.01%), Calcium: 198.18mg (19.82%), Selenium: 9.69µg (13.84%), Phosphorus: 135.66mg (13.57%), Vitamin B2: 0.2mg (11.51%), Fiber: 2.35g (9.39%), Folate: 35.31µg (8.83%), Potassium: 271.8mg (7.77%), Magnesium: 24.13mg (6.03%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.09mg (4.47%), Vitamin E: 0.67mg (4.45%), Iron: 0.78mg (4.35%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.59µg (3.93%), Vitamin K: 4.07µg (3.88%), Copper: 0.07mg (3.68%), Vitamin B5: 0.34mg (3.41%), Vitamin B1: 0.04mg (2.73%), Vitamin B3: 0.52mg (2.59%)