



## Strawberry Mousse



Vegetarian



Gluten Free

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READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

524 kcal

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DESSERT

## Ingredients



6 egg whites



1 pint heavy cream



1 quart strawberries fresh



2 tablespoons sugar white

## Equipment



food processor

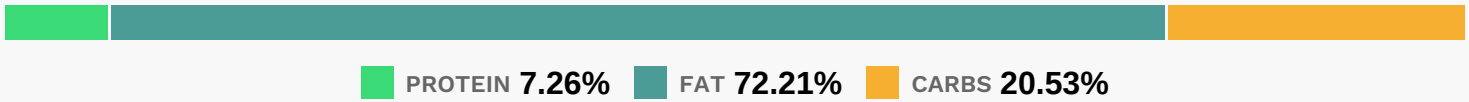


bowl

# Directions

- ☐
- Chop hulled strawberries in a food processor, leaving a few chunks. Stir in sugar. In a bowl, whip cream until stiff peaks form. In another bowl, whip egg whites until stiff peaks form. Fold whipped cream into strawberries. Fold egg whites into strawberry mixture.
- ☐
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:27.52, Glycemic Load:9.56, Inflammation Score:-9, Nutrition Score:17.148260759271%

## Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 524.41kcal (26.22%), Fat: 43.51g (66.94%), Saturated Fat: 27.24g (170.27%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 23.1g (8.4%), Sugar: 21.33g (23.7%), Cholesterol: 133.67mg (44.56%), Sodium: 109.07mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin C: 139.82mg (169.48%), Manganese: 0.92mg (45.98%), Vitamin A: 1767.31IU (35.35%), Vitamin B2: 0.47mg (27.83%), Selenium: 13.53µg (19.33%), Fiber: 4.73g (18.93%), Folate: 63.31µg (15.83%), Potassium: 547.83mg (15.65%), Phosphorus: 132.14mg (13.21%), Vitamin D: 1.89µg (12.62%), Calcium: 119.14mg (11.91%), Vitamin E: 1.77mg (11.83%), Magnesium: 43.99mg (11%), Vitamin K: 8.99µg (8.56%), Vitamin B6: 0.15mg (7.74%), Copper: 0.14mg (6.87%), Vitamin B5: 0.68mg (6.83%), Iron: 1.13mg (6.26%), Vitamin B1: 0.08mg (5.48%), Vitamin B3: 1.04mg (5.18%), Zinc: 0.63mg (4.19%), Vitamin B12: 0.23µg (3.83%)