



Strawberry Mousse with Meringue Hearts

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 2 large egg whites
- ☐ 1 tablespoon gelatin powder plain
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon
- ☐ 3 cups strawberries frozen thawed (from a 16-oz. bag)
- ☐ 1 cup sugar

Equipment

- ☐ food processor

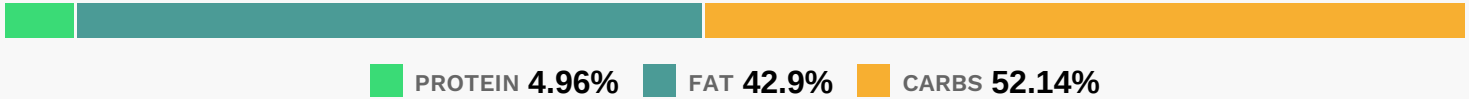
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Combine lemon juice and 1 Tbsp. water in a small saucepan.
- ☐ Sprinkle gelatin over and let stand for 10 minutes.
- ☐ In a food processor, blend strawberries and 1/2 cup sugar until smooth. Strain through a fine-mesh sieve into a large bowl; discard solids.
- ☐ Place pan with gelatin over very low heat and warm, stirring to dissolve gelatin.
- ☐ Whisk into strawberry mixture.
- ☐ Using an electric mixer at medium-high speed, beat cream until it forms stiff peaks. With a large flexible spatula, fold 1/3 of whipped cream into strawberry mixture until well combined, then fold in remaining cream until no white streaks remain. Cover with plastic (pressing it onto surface of mousse to prevent a skin from forming) and refrigerate until well chilled, at least 1 hour.
- ☐ Make meringues: Preheat oven to 250F, place a rack on top rung and line a baking sheet with parchment paper. In a heatproof bowl, combine egg whites with remaining 1/2 cup sugar. Set bowl over a saucepan of simmering water (be sure bottom of bowl does not touch water).
- ☐ Heat, whisking constantly, until mixture is very warm to touch, about 5 minutes.
- ☐ Transfer to an electric mixer and beat at high speed until mixture has quadrupled in volume, holds stiff peaks and is glossy, about 5 minutes.
- ☐ Spoon meringue into a piping bag and pipe 16 1 1/2-inch hearts onto baking sheet.

- ☐ Bake for 30 minutes. Turn off oven, prop open oven door with handle of a wooden spoon and let meringues sit, undisturbed, until completely dry and no longer chewy, at least 4 hours or overnight.
- ☐ Serve mousse in bowls, each garnished with 2 or 3 hearts; pass remaining meringues.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:24.91, Inflammation Score:-5, Nutrition Score:6.4313042993131%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 296.42kcal (14.82%), Fat: 14.67g (22.57%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 38.66g (14.06%), Sugar: 38.09g (42.32%), Cholesterol: 44.82mg (14.94%), Sodium: 32.33mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin C: 43.54mg (52.78%), Manganese: 0.28mg (14.12%), Vitamin A: 591.89IU (11.84%), Vitamin B2: 0.15mg (8.71%), Selenium: 4.34µg (6.2%), Fiber: 1.45g (5.79%), Folate: 20.16µg (5.04%), Potassium: 169.2mg (4.83%), Phosphorus: 42.59mg (4.26%), Vitamin D: 0.63µg (4.23%), Calcium: 39.6mg (3.96%), Vitamin E: 0.58mg (3.85%), Copper: 0.07mg (3.47%), Magnesium: 13.75mg (3.44%), Vitamin K: 2.85µg (2.72%), Vitamin B6: 0.05mg (2.48%), Vitamin B5: 0.22mg (2.17%), Iron: 0.38mg (2.08%), Vitamin B1: 0.03mg (1.77%), Vitamin B3: 0.32mg (1.59%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.07µg (1.22%)