

# Raspberry Mousse

*Dashrecipes.com July 2014*

## Servings: 6

*juice of one lemon*

*1 packet (1/4 ounce) unflavored gelatin*

*2 cups fresh raspberries*

*1/3 cup sugar*

*1 cup heavy cream*

*2 tablespoons sugar*

*fresh raspberries (for topping)*

## Preparation Time: 20 minutes

Place the lemon juice in a small bowl and sprinkle with the gelatin. Let stand until the gelatin softens, 3 to 5 minutes.

Puree' the raspberries in a blender until smooth, scraping down the sides and pressing to compact the berries as needed. Strain through a fine-mesh sieve into a measuring cup, pressing with a wooden spoon. You should have about one cup.

In a small saucepan, combine the raspberry puree' and sugar over medium heat. Cook until bubbles just appear, then whisk in the gelatin mixture. Cook, whisking constantly, until the gelatin dissolves, about 1 minute. Scrape into a bowl using a rubber spatula and let stand until cool, about 30 minutes.

In a large bowl, beat the cream and two tablespoons of sugar on medium-high speed until firm peaks appear, about 4 minutes. Fold in the raspberry puree' until combined. Divide among serving cups and refrigerate until set, at least two hours and up to overnight.

Top with fresh raspberries before serving.

Start to Finish Time: 1 hour

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Per Serving (excluding unknown items): 270 Calories; 15g Fat (48.1% calories from fat); 2g Protein; 34g Carbohydrate; 3g Dietary Fiber; 54mg Cholesterol; 51mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	270	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	48.1%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	48.7%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	15g	<b>Folacin (mcg):</b>	13mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	54mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	34g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	51mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	95mg	<b>Fruit:</b>	1/2
<b>Calcium (mg):</b>	35mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	3
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	2
<b>Vitamin C (mg):</b>	11mg		
<b>Vitamin A (i.u.):</b>	638IU		
<b>Vitamin A (r.e.):</b>	172 1/2RE		

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	270	<b>Calories from Fat:</b>	130
<b>% Daily Values*</b>			
<b>Total Fat</b>	15g		23%
Saturated Fat	9g		46%
<b>Cholesterol</b>	54mg		18%
<b>Sodium</b>	51mg		2%
<b>Total Carbohydrates</b>	34g		11%
Dietary Fiber	3g		11%
<b>Protein</b>	2g		
<b>Vitamin A</b>			13%
<b>Vitamin C</b>			18%
<b>Calcium</b>			4%
<b>Iron</b>			1%

\* Percent Daily Values are based on a 2000 calorie diet.