

Frozen Lemon Mousse

Mrs. James E. Toups

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Servings: 8

4 eggs, separated

1 1/2 cups sugar

grated rind of two lemons

juice of three lemons

*2 cans (6 ounce ea) evaporated milk,
chilled*

box graham cracker crumbs

In a saucepan, cook the egg yolks, sugar, lemon rind and lemon juice for 3 minutes, stirring constantly. Cool.

In a bowl, whip the chilled evaporated milk. Fold into the egg yolk mixture..

In a bowl, beat the egg whites until stiff. Fold into the egg yolk mixture.

Place 1/4-inch of graham cracker crumbs in the bottom of an eight-inch-square dish. Pour the mousse over the graham cracker crumbs. Place another layer of graham cracker crumbs on top.

Cover the dish with plastic wrap . Place in the freezer, preferably overnight. Do not remove until ready to serve.

Per Serving (excluding unknown items): 267 Calories; 7g Fat (24.1% calories from fat); 7g Protein; 44g Carbohydrate; 0g Dietary Fiber; 125mg Cholesterol; 102mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	267	Vitamin B6 (mg):	.1mg
% Calories from Fat:	24.1%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	64.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	7g	Folacin (mcg):	17mcg
Saturated Fat (g):	4g	Niacin (mg):	trace

Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 125mg
Carbohydrate (g): 44g
Dietary Fiber (g): 0g
Protein (g): 7g
Sodium (mg): 102mg
Potassium (mg): 225mg
Calcium (mg): 178mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 372IU
Vitamin A (r.e.): 81RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 1
Other Carbohydrates: 2 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 267 **Calories from Fat:** 64

% Daily Values*

Total Fat 7g	11%
Saturated Fat 4g	18%
Cholesterol 125mg	42%
Sodium 102mg	4%
Total Carbohydrates 44g	15%
Dietary Fiber 0g	0%
Protein 7g	
Vitamin A	7%
Vitamin C	2%
Calcium	18%
Iron	3%

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