

## Apothic Granita and Vanilla Panna Cotta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

DESSERT

### Ingredients

- 4 peppercorns black
- 2 tablespoons crème de cassis liqueur
- 1 sprig rosemary leaves fresh
- 4.5 teaspoons gelatin powder unflavored
- 2 cups half and half
- 2 cups cup heavy whipping cream
- 1 tablespoon juice of lemon fresh
- 0.5 cup sugar

- 1 vanilla pod split
- 6 tablespoons water cold
- 1.5 cups red wine

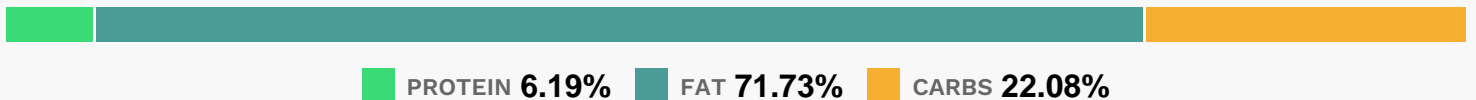
## Equipment

- bowl
- sauce pan

## Directions

- Combine all ingredients into a medium saucepan over medium-low heat & simmer 10 to 15 minutes. Cool completely to room temp. Strain into a shallow airtight container; Cover & place in the freezer 2 hours. Take a fork & scrape the surface of the granita to form icy crystals (think of a snow cone).
- Heat the heavy cream, half-n-half & sugar in a saucepan over medium heat to dissolve the sugar;
- Remove from heat & scrape the seeds from the vanilla bean into the cream;
- Add the bean pod. Cover & let infuse 30 minutes
- Sprinkle the gelatin over the cold water in a medium-sized bowl & let stand 5 to 10 minutes.
- Remove vanilla bean from cream mixture & reheat over medium heat;
- Garnish the panna cotta with a couple of tablespoons of the granita with a fresh rosemary sprig.

## Nutrition Facts



## Properties

Glycemic Index:19.52, Glycemic Load:11.88, Inflammation Score:-7, Nutrition Score:6.8413043478261%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin:

0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg  
Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg  
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:  
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol:  
0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.74mg, Hesperetin: 0.74mg,  
Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg  
Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg,  
Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,  
Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg  
Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.63mg, Quercetin:  
0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin:  
0.05mg, Gallocatechin: 0.05mg

## Taste

Sweetness: 75.61%, Saltiness: 4.96%, Sourness: 51.61%, Bitterness: 31.54%, Savoriness: 4.68%, Fattiness: 100%,  
Spiciness: 100%

## Nutrients (% of daily need)

Calories: 521.87kcal (26.09%), Fat: 38.12g (58.65%), Saturated Fat: 23.92g (149.52%), Carbohydrates: 26.39g  
(8.8%), Net Carbohydrates: 26.37g (9.59%), Sugar: 24.8g (27.55%), Cholesterol: 117.88mg (39.29%), Sodium:  
80.12mg (3.48%), Alcohol: 7.85g (43.61%), Protein: 7.4g (14.81%), Vitamin A: 1453.96IU (29.08%), Vitamin B2: 0.33mg  
(19.7%), Calcium: 146.24mg (14.62%), Phosphorus: 137.93mg (13.79%), Selenium: 6.39µg (9.13%), Vitamin D: 1.27µg  
(8.46%), Potassium: 262.43mg (7.5%), Vitamin E: 0.94mg (6.24%), Magnesium: 21.91mg (5.48%), Vitamin B6: 0.1mg  
(5.2%), Copper: 0.1mg (4.82%), Manganese: 0.1mg (4.78%), Vitamin B12: 0.28µg (4.67%), Vitamin B5: 0.46mg  
(4.62%), Zinc: 0.6mg (4%), Vitamin K: 3.94µg (3.75%), Vitamin B1: 0.04mg (2.97%), Vitamin C: 2.17mg (2.63%), Iron:  
0.45mg (2.5%), Folate: 7.62µg (1.91%), Vitamin B3: 0.28mg (1.39%)