



Blackberry Buttermilk Panna Cottas with Blackberry Compote

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 2 cups blackberries
- ☐ 1.3 cups buttermilk well-shaken
- ☐ 0.5 cup creme de cassis
- ☐ 2.8 teaspoons gelatin powder unflavored (from two)
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons blackberries homemade store-bought (see cooks' note, below)

- ☐ 2 tablespoons sugar
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ blender

Directions

- ☐ Purée blackberries with buttermilk in a blender until very smooth, then pour through a fine-mesh sieve into a bowl, pressing on and then discarding solids.
- ☐ Sprinkle gelatin over water in a small bowl and let stand 1 minute to soften.
- ☐ While gelatin softens, heat cream and sugar in a saucepan over moderate heat until hot, stirring until sugar is dissolved.
- ☐ Remove from heat and add gelatin mixture, stirring until dissolved. Stir cream mixture and syrup into blackberry purée, then pour through cleaned sieve into a bowl.
- ☐ Pour mixture into molds and chill, covered, until firm, at least 8 hours.
- ☐ Boil water, crème de cassis, and sugar in a small saucepan, stirring occasionally, until syrupy and reduced to about 1/3 cup, 10 to 12 minutes. Stir in lemon juice, then pour syrup over blackberries and gently stir to combine.
- ☐ To serve panna cottas, run a thin knife along edge of molds to loosen if necessary and dip molds in a small bowl of warm water 3 to 5 seconds, then invert panna cottas onto plates and gently lift off molds. Spoon berries and syrup over and around each panna cotta.
- ☐ *To make blackberry syrup, heat 1/4 cup blackberry jam with 1 tablespoon water in a small saucepan over moderately low heat, stirring, until jam is dissolved.
- ☐ Pour mixture through a fine-mesh sieve into a small bowl, pressing on and then discarding solids.*Panna cottas can be chilled in molds up to 1 day.*Compote can be made 2 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:4.12, Inflammation Score:-7, Nutrition Score:8.0526087180428%

Flavonoids

Cyanidin: 52.9mg, Cyanidin: 52.9mg, Cyanidin: 52.9mg, Cyanidin: 52.9mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 19.62mg, Catechin: 19.62mg, Catechin: 19.62mg, Catechin: 19.62mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 288.48kcal (14.42%), Fat: 23.42g (36.03%), Saturated Fat: 14.65g (91.53%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 13.26g (4.82%), Sugar: 13.47g (14.97%), Cholesterol: 72.74mg (24.25%), Sodium: 76.12mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Vitamin A: 1070.64IU (21.41%), Manganese: 0.35mg (17.48%), Vitamin C: 12.92mg (15.66%), Vitamin B2: 0.22mg (12.77%), Vitamin K: 12.53µg (11.94%), Calcium: 114.97mg (11.5%), Fiber: 2.82g (11.27%), Vitamin D: 1.6µg (10.68%), Phosphorus: 89.67mg (8.97%), Vitamin E: 1.21mg (8.05%), Copper: 0.15mg (7.58%), Selenium: 4.6µg (6.57%), Potassium: 214.2mg (6.12%), Vitamin B12: 0.33µg (5.42%), Magnesium: 20.77mg (5.19%), Vitamin B5: 0.5mg (4.95%), Folate: 19.41µg (4.85%), Zinc: 0.63mg (4.23%), Vitamin B1: 0.05mg (3.16%), Vitamin B6: 0.06mg (2.83%), Iron: 0.44mg (2.43%), Vitamin B3: 0.43mg (2.15%)