



Burnt-Orange Panna Cotta

 Gluten Free

READY IN



43 min.

SERVINGS



6

CALORIES



687 kcal

DESSERT

Ingredients

- 0.3 cup confectioners' sugar
- 1.5 teaspoons gelatin powder unflavored
- 0.3 cup granulated sugar
- 1.5 cups heavy cream
- 2 navel oranges
- 0.3 cup orange juice fresh
- 2 cups orange juice
- 2.5 teaspoons orange zest fresh finely grated

- 2 tablespoons liqueur orange flavored
- 6 servings pistachios chopped for garnish
- 0.1 teaspoon salt
- 0.8 cup cup heavy whipping cream sour
- 1 cup sugar
- 0.5 vanilla pod
- 2 tablespoons milk whole

Equipment

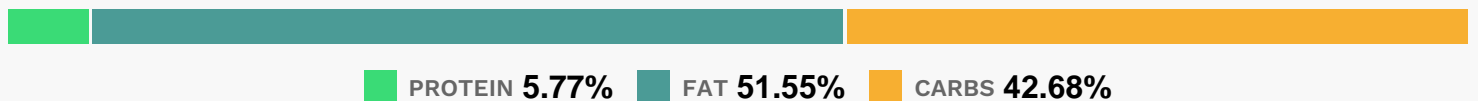
- bowl
- sauce pan
- knife
- whisk
- sieve
- hand mixer

Directions

- Special equipment: 6 (1/2-cup) decorative metal molds
- Sprinkle gelatin over milk in a small bowl and let stand 1 minute to soften.
- Whisk together confectioners' sugar, salt, and 1 cup of the heavy cream.
- Cook granulated sugar in a dry small heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a golden caramel. Stir in 1 1/2 teaspoons zest and cook, stirring, until zest is toasted and fragrant, 30 seconds to 1 minute. Stir the cream mixture and carefully add to caramel (it will bubble and harden). Cook over moderately low heat, stirring, until caramel is dissolved.
- Stir in gelatin mixture and remaining teaspoon zest until gelatin is dissolved. Stir in orange juice, then let stand just until cooled to room temperature.
- Pour through a fine sieve into a medium bowl.
- Beat remaining 1/2 cup heavy cream with an electric mixer until it just holds soft peaks.

- Whisk sour cream in another bowl until smooth. Fold whipped cream into sour cream, then fold into caramel mixture until combined well.
- Whisk to remove any lumps. The mixture should be smooth.
- Spoon into molds and chill until firm, at least 8 hours.
- Dip molds in hot water 2 or 3 seconds, until it begins to melt slightly on the edges and run a thin knife around edge of molds to help release panna cotta. Invert onto dessert plates and let stand at room temperature 20 minutes.
- While panna cotta is standing, remove peel and white pith from oranges with a sharp knife, and cut the sections free from membranes.
- In a small saucepan, combine the sugar, orange juice, and vanilla bean and bring to a boil. Reduce the mixture to 1 1/4 cups.
- Remove from the heat. If using the orange liqueur, stir it in.
- Allow to cool before serving over the panna cotta.

Nutrition Facts



Properties

Glycemic Index:50.03, Glycemic Load:34.98, Inflammation Score:-8, Nutrition Score:17.12869552944%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 21.32mg, Hesperetin: 21.32mg, Hesperetin: 21.32mg, Hesperetin: 21.32mg Naringenin: 5.3mg, Naringenin: 5.3mg, Naringenin: 5.3mg, Naringenin: 5.3mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 687.44kcal (34.37%), Fat: 40.38g (62.12%), Saturated Fat: 18.27g (114.18%), Carbohydrates: 75.22g (25.07%), Net Carbohydrates: 71.04g (25.83%), Sugar: 65.27g (72.53%), Cholesterol: 84.8mg (28.27%), Sodium: 79.5mg (3.46%), Alcohol: 1.99g (100%), Alcohol %: 0.8% (100%), Protein: 10.18g (20.35%), Vitamin C: 77.4mg (93.81%), Vitamin A: 1482.83IU (29.66%), Vitamin B6: 0.59mg (29.36%), Vitamin B1: 0.38mg (25.38%), Copper:

0.46mg (23.03%), Phosphorus: 225.72mg (22.57%), Potassium: 653.3mg (18.67%), Manganese: 0.37mg (18.48%), Fiber: 4.18g (16.74%), Vitamin B2: 0.28mg (16.2%), Folate: 62.7µg (15.68%), Magnesium: 57.29mg (14.32%), Calcium: 136.54mg (13.65%), Vitamin E: 1.41mg (9.42%), Iron: 1.47mg (8.14%), Selenium: 5.68µg (8.11%), Vitamin B5: 0.72mg (7.16%), Vitamin D: 1.01µg (6.71%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.01mg (5.06%), Vitamin B12: 0.18µg (3.04%), Vitamin K: 2.44µg (2.33%)