



Burnt Orange Panna Cotta

 **Gluten Free**

READY IN



540 min.

SERVINGS



6

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 0.3 cup powdered sugar
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2 navel oranges
- ☐ 0.3 cup orange juice fresh
- ☐ 2.5 teaspoons orange zest fresh finely grated
- ☐ 0.1 teaspoon salt

- ☐ 0.8 cup cream sour
- ☐ 2 tablespoons milk whole

Equipment

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

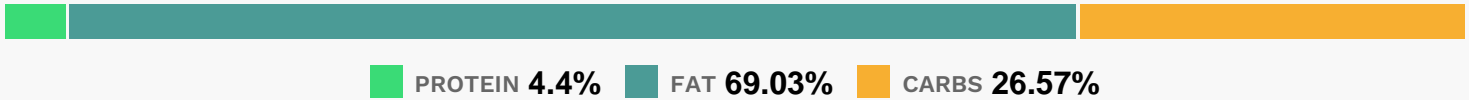
Directions

- ☐ Sprinkle gelatin over milk in a small bowl and let stand 1 minute to soften.
- ☐ Whisk together confectioners sugar, salt, and 1 cup 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 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.
- ☐ Spoon into molds and chill until firm, at least 8 hours.
- ☐ Dip molds in hot water 2 or 3 seconds 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. Holding oranges over a bowl to catch juices, cut sections free from membranes. Squeeze

juice from membranes into bowl and coarsely chop orange sections.

☐ Just before serving, spoon orange pieces and juice over desserts.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:6.45, Inflammation Score:-7, Nutrition Score:6.8339131033939%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg Naringenin: 3.53mg, Naringenin: 3.53mg, Naringenin: 3.53mg, Naringenin: 3.53mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 345.43kcal (17.27%), Fat: 27.34g (42.06%), Saturated Fat: 16.69g (104.33%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 22.54g (8.2%), Sugar: 21g (23.33%), Cholesterol: 84.8mg (28.27%), Sodium: 78.06mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 34.5mg (41.81%), Vitamin A: 1201.3IU (24.03%), Vitamin B2: 0.2mg (11.74%), Calcium: 97.72mg (9.77%), Phosphorus: 74.46mg (7.45%), Vitamin D: 1.01µg (6.71%), Folate: 23.62µg (5.91%), Potassium: 200.3mg (5.72%), Selenium: 3.44µg (4.91%), Vitamin E: 0.74mg (4.9%), Fiber: 1.14g (4.54%), Vitamin B1: 0.06mg (4.18%), Vitamin B5: 0.41mg (4.14%), Vitamin B6: 0.08mg (3.91%), Magnesium: 14.31mg (3.58%), Vitamin B12: 0.18µg (3.04%), Copper: 0.06mg (2.89%), Vitamin K: 2.36µg (2.25%), Zinc: 0.31mg (2.04%), Vitamin B3: 0.32mg (1.59%), Iron: 0.19mg (1.04%), Manganese: 0.02mg (1.03%)