



Buttermilk Panna Cotta

 Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



155 kcal

DESSERT

Ingredients

- 2 cups buttermilk at room temperature
- 0.3 ounce gelatin powder unflavored
- 1 cup half-and-half
- 1 pinch kosher salt
- 0.8 cup sugar
- 2 vanilla beans split

Equipment

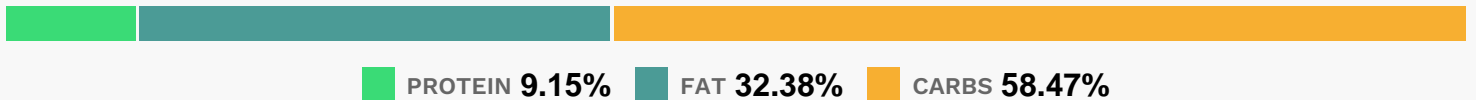
- bowl

- sauce pan
- sieve
- ramekin

Directions

- Sprinkle the gelatin over 2 tablespoons of water in a small bowl and let stand for 5 minutes.
- Meanwhile, in a medium saucepan over medium-low heat, combine the half-and-half, sugar, vanilla pods, vanilla seeds and pinch of salt. Simmer for 5 minutes, stirring frequently to dissolve the sugar and avoid scorching the milk. Reduce the heat and add the gelatin and buttermilk. Strain through a fine sieve, removing the vanilla pods and any milk solids.
- Pour mixture into 8 small ramekins and let cool to room temperature, about 45 minutes.
- Transfer to fridge and chill for 3 hours. To serve, briefly dip the bottoms of the ramekins in warm water and invert onto dessert plates.
- BYOC: Top with your favorite fresh berries when in season. If you have the time, try and make a creamy caramel sauce by using sugar, water and half-and-half. Be creative and swipe the plate in a creative pattern.
- Let your inner artist come out.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:14, Inflammation Score:-2, Nutrition Score:3.0143478266571%

Nutrients (% of daily need)

Calories: 154.92kcal (7.75%), Fat: 5.71g (8.79%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 23.22g (8.44%), Sugar: 22.89g (25.43%), Cholesterol: 17.19mg (5.73%), Sodium: 88.22mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Calcium: 102.05mg (10.2%), Vitamin B2: 0.17mg (9.85%), Phosphorus: 80.08mg (8.01%), Vitamin B12: 0.33µg (5.56%), Selenium: 3.65µg (5.21%), Vitamin D: 0.78µg (5.2%), Vitamin A: 206.09IU (4.12%), Potassium: 121.45mg (3.47%), Vitamin B5: 0.32mg (3.17%), Vitamin B1: 0.04mg (2.5%), Zinc: 0.35mg (2.33%), Magnesium: 9.22mg (2.31%), Copper: 0.04mg (1.91%), Vitamin B6: 0.04mg (1.84%), Folate: 4.17µg (1.04%)