



Buttermilk Panna Cotta

 Gluten Free

READY IN



265 min.

SERVINGS



6

CALORIES



399 kcal

DESSERT

Ingredients

- 0.3 ounce gelatin powder unflavored
- 0.3 cup granulated sugar
- 1.5 cups cup heavy whipping cream
- 1.5 cups buttermilk low-fat
- 1 vanilla pod split
- 6 servings vegetable oil for coating the ramekins

Equipment

- bowl

- frying pan
- sauce pan
- knife
- sieve
- plastic wrap
- ramekin
- spatula
- measuring cup

Directions

- Brush 6 (6-ounce) ramekins with a thin layer of vegetable oil; set them aside.
- Place a fine-mesh strainer over a large measuring cup with a spout or a large bowl and set it aside.
- Place the cream in a medium saucepan and sprinkle the gelatin evenly over the surface.
- Let stand undisturbed until the gelatin has softened, about 3 minutes.
- Add the sugar and vanilla seeds and stir to combine.
- Heat the mixture over low heat, stirring constantly and scraping down the sides of the pan as needed with a rubber spatula, until the gelatin and sugar have dissolved and the mixture no longer feels grainy when rubbed between your fingers, about 5 to 7 minutes. (Do not let the mixture simmer or the gelatin won't set properly.)
- Pour the mixture into the prepared strainer and discard the contents of the strainer. Stir in the buttermilk until combined and immediately divide the mixture among the prepared ramekins. Lightly press a piece of plastic wrap directly onto the surface of each panna cotta to prevent a skin from forming. Refrigerate until set, about 4 hours. To serve, remove the ramekins from the refrigerator and let them sit at room temperature for 5 minutes. Carefully run a knife around the perimeter of each panna cotta, cover it with a serving plate, and flip to unmold, using the knife to gently nudge the panna cotta out of the ramekin if necessary.
- Serve immediately.

Nutrition Facts

 **PROTEIN 4.59%**  **FAT 79.91%**  **CARBS 15.5%**

Properties

Glycemic Index:11.68, Glycemic Load:7.76, Inflammation Score:-5, Nutrition Score:5.4769564679135%

Nutrients (% of daily need)

Calories: 398.75kcal (19.94%), Fat: 36.28g (55.82%), Saturated Fat: 16.22g (101.36%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 15.84g (5.76%), Sugar: 15.7g (17.44%), Cholesterol: 69.64mg (23.21%), Sodium: 107.29mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin K: 27.71µg (26.39%), Vitamin A: 902.85IU (18.06%), Vitamin B2: 0.21mg (12.3%), Vitamin E: 1.72mg (11.48%), Calcium: 109.63mg (10.96%), Phosphorus: 88.37mg (8.84%), Vitamin D: 0.95µg (6.35%), Selenium: 3.52µg (5.03%), Potassium: 147.54mg (4.22%), Vitamin B12: 0.23µg (3.79%), Vitamin B5: 0.32mg (3.18%), Magnesium: 11.02mg (2.76%), Zinc: 0.4mg (2.65%), Vitamin B1: 0.03mg (2.17%), Vitamin B6: 0.04mg (2.07%), Copper: 0.04mg (1.97%), Folate: 5.73µg (1.43%), Vitamin C: 0.96mg (1.16%)