



Buttermilk Panna Cotta

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 1.5 cups skim milk fat-free
- ☐ 0.3 oz gelatin powder unflavored
- ☐ 2 cups buttermilk low-fat
- ☐ 12 oz raspberries unsweetened frozen with juice, thawed
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons sugar

Equipment

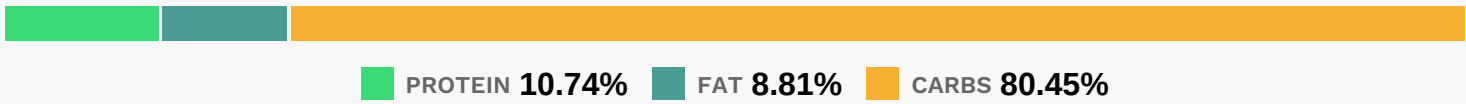
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ ramekin

Directions

- ☐ Make panna cotta: In a bowl, sprinkle gelatin over 1 cup buttermilk; let rest 5 minutes.
- ☐ Whisk sugar and half-and-half in a saucepan over medium heat to dissolve sugar. When mixture begins to bubble at edges, pour over buttermilk mixture and whisk to combine and dissolve gelatin. Stir in remaining buttermilk. Strain mixture through a fine-meshed sieve and divide evenly among six 6 oz. ramekins. Refrigerate panna cotta until set, at least 6 hours or overnight.
- ☐ Make sauce: Blend raspberries with juice and sugar in food processor until smooth. Strain; discard solids.
- ☐ To loosen panna cotta, run a thin-bladed knife around edges and invert onto plates.
- ☐ Serve with raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:20.5, Inflammation Score:-3, Nutrition Score:7.9891303881355%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg,

Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg,
Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 208.91kcal (10.45%), Fat: 2.14g (3.3%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 44g (14.67%), Net
Carbohydrates: 40.31g (14.66%), Sugar: 37.45g (41.62%), Cholesterol: 6.15mg (2.05%), Sodium: 180.56mg (7.85%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.75%), Vitamin C: 16.07mg (19.48%), Manganese:
0.38mg (19.25%), Phosphorus: 177.19mg (17.72%), Vitamin B2: 0.29mg (17.21%), Calcium: 164.55mg (16.45%), Fiber:
3.69g (14.74%), Potassium: 328.71mg (9.39%), Vitamin B12: 0.48µg (8.05%), Magnesium: 30.97mg (7.74%), Zinc:
1.06mg (7.04%), Vitamin B5: 0.68mg (6.79%), Selenium: 4.06µg (5.8%), Vitamin B1: 0.08mg (5.25%), Copper: 0.1mg
(4.84%), Vitamin B6: 0.09mg (4.75%), Folate: 18.62µg (4.66%), Vitamin K: 4.62µg (4.4%), Vitamin E: 0.56mg (3.71%),
Iron: 0.46mg (2.55%), Vitamin B3: 0.46mg (2.3%), Vitamin A: 81.68IU (1.63%)