



Buttermilk Panna Cotta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 6 servings poached berries frozen assorted thawed (such as blackberries, blueberries, and raspberries)
- ☐ 2 cups buttermilk
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons water
- ☐ 1 cup whipping cream

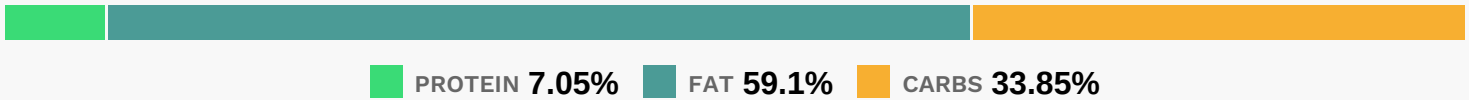
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ ramekin

Directions

- ☐ Pour 2 tablespoons water into small bowl; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes. Lightly spray six 3/4-cup ramekins or custard cups with nonstick spray.
- ☐ Heat cream, lemon peel, and sugar in medium saucepan over medium-high heat, stirring constantly until sugar dissolves. Increase heat and bring just to low boil, stirring occasionally.
- ☐ Add gelatin mixture; remove from heat. Stir until gelatin dissolves. Cool mixture to lukewarm, stirring often. Stir in buttermilk and vanilla; divide mixture among prepared ramekins. Refrigerate panna cotta until set, about 4 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep chilled.
- ☐ Using small sharp knife, cut around panna cotta in each ramekin.
- ☐ Place plate atop each ramekin and invert, allowing panna cotta to settle onto plate. Top with berries and serve chilled.

Nutrition Facts



Properties

Glycemic Index:21.02, Glycemic Load:12.86, Inflammation Score:-4, Nutrition Score:4.5447825983815%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 17.03g (26.2%), Saturated Fat: 10.64g (66.53%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 21.86g (7.95%), Sugar: 21.93g (24.36%), Cholesterol: 53.62mg (17.87%), Sodium: 97.24mg (4.23%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Protein: 4.57g (9.14%), Vitamin A: 717.41IU (14.35%), Vitamin B2: 0.22mg (12.91%), Calcium: 119.93mg (11.99%), Vitamin D: 1.67µg (11.16%), Phosphorus: 91.74mg (9.17%), Vitamin B12: 0.43µg (7.19%), Selenium: 4.65µg (6.64%), Potassium: 150.3mg (4.29%), Vitamin B5: 0.41mg (4.11%), Vitamin B1: 0.05mg (3.09%), Vitamin E: 0.43mg (2.89%), Magnesium: 11.46mg (2.86%), Zinc: 0.41mg (2.74%), Copper: 0.05mg (2.54%), Vitamin B6: 0.04mg (2.2%), Vitamin K: 1.71µg (1.63%), Folate: 6.18µg (1.54%), Vitamin C: 0.88mg (1.06%)