

Buttermilk Panna Cotta

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

DESSERT

Ingredients

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

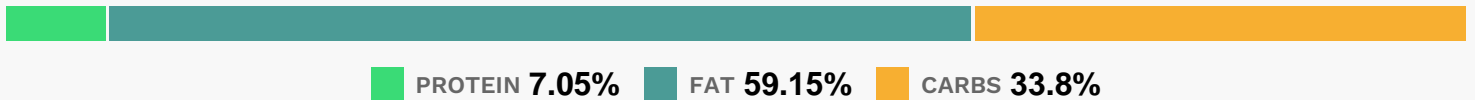
Equipment

- 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:4.5069565338933%

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: 256.25kcal (12.81%), Fat: 17.03g (26.2%), Saturated Fat: 10.64g (66.53%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 21.84g (7.94%), Sugar: 21.91g (24.35%), Cholesterol: 53.62mg (17.87%), Sodium: 97.22mg (4.23%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Protein: 4.57g (9.13%), Vitamin A: 717.24IU (14.34%), Vitamin B2: 0.22mg (12.89%), Calcium: 119.48mg (11.95%), Vitamin D: 1.67µg (11.16%), Phosphorus: 91.7mg (9.17%), Vitamin B12: 0.43µg (7.19%), Selenium: 4.65µg (6.64%), Potassium: 149.77mg (4.28%), Vitamin B5: 0.41mg (4.1%), Vitamin B1: 0.05mg (3.08%), Vitamin E: 0.43mg (2.88%), Magnesium: 11.41mg (2.85%), Zinc: 0.41mg (2.73%), Copper: 0.05mg (2.53%), Vitamin B6: 0.04mg (2.17%), Vitamin K: 1.71µg (1.63%), Folate: 6.14µg (1.53%)