



Buttermilk Panna Cotta With Blueberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- 1 pint blueberries
- 2 envelopes gelatin powder unflavored
- 1.5 cups buttermilk low-fat
- 0.5 cup port wine
- 0.3 teaspoon salt
- 0.8 cup cup heavy whipping cream fat-free sour
- 3 tablespoons sugar
- 0.7 cup condensed milk fat-free sweetened

0.5 cup water cold

Equipment

bowl

sauce pan

ramekin

Directions

Sprinkle gelatin over cold water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves, about 2 minutes.

Combine gelatin mixture, buttermilk, sour cream, and sweetened condensed milk in a large bowl; stir until smooth.

Pour mixture evenly into 6 (6-ounce) custard cups or ramekins. Cover and chill 1 hour or until set.

Combine blueberries and remaining ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer 3 to 4 minutes or until slightly thick. Cover and chill.

To serve, unmold custard cups onto individual dessert dishes. Top with blueberry sauce.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:19.29, Inflammation Score:-5, Nutrition Score:8.0730434682058%

Flavonoids

Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg Petunidin: 26.19mg, Petunidin: 26.19mg, Petunidin: 26.19mg, Petunidin: 26.19mg Delphinidin: 28.72mg, Delphinidin: 28.72mg, Delphinidin: 28.72mg, Delphinidin: 28.72mg Malvidin: 72.27mg, Malvidin: 72.27mg, Malvidin: 72.27mg, Malvidin: 72.27mg Peonidin: 16.79mg, Peonidin: 16.79mg, Peonidin: 16.79mg, Peonidin: 16.79mg Catechin: 6.14mg, Catechin: 6.14mg, Catechin: 6.14mg, Catechin: 6.14mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg Gallocatechin: 0.09mg, Gallocatechin:

0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 262.28kcal (13.11%), Fat: 3.88g (5.97%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 46.01g (15.34%), Net Carbohydrates: 44.11g (16.04%), Sugar: 36.88g (40.98%), Cholesterol: 16.55mg (5.52%), Sodium: 277.62mg (12.07%), Alcohol: 3.06g (100%), Alcohol %: 1.55% (100%), Protein: 8.19g (16.38%), Calcium: 210.42mg (21.04%), Vitamin B2: 0.32mg (18.79%), Phosphorus: 178.91mg (17.89%), Manganese: 0.29mg (14.75%), Vitamin K: 15.48µg (14.75%), Selenium: 8.89µg (12.7%), Vitamin C: 9.13mg (11.07%), Potassium: 333.47mg (9.53%), Fiber: 1.89g (7.57%), Vitamin B1: 0.1mg (6.39%), Magnesium: 25.56mg (6.39%), Copper: 0.12mg (6.22%), Vitamin B12: 0.37µg (6.13%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.53mg (5.27%), Vitamin A: 234.88IU (4.7%), Vitamin B6: 0.08mg (4.23%), Folate: 15.33µg (3.83%), Vitamin E: 0.53mg (3.56%), Vitamin B3: 0.5mg (2.5%), Iron: 0.39mg (2.18%)