



Buttermilk Panna Cotta With Cherry Compote

 Gluten Free

READY IN



305 min.

SERVINGS



6

CALORIES



607 kcal

DESSERT

Ingredients

- 2 teaspoons almond extract
- 1 cup buttermilk
- 6 cups cherries whole pitted ()
- 0.3 ounce gelatin powder unflavored
- 1 slice ginger peeled thin
- 1 cup half-and-half
- 2 juice of lemon
- 1 star anise pod

- 0.3 cup sugar
- 3 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- sauce pan
- whisk
- sieve
- measuring cup

Directions

- Make the panna cotta: Fill a liquid measuring cup or small bowl with 1/2 cup cold water; sprinkle the gelatin on top and let stand 5 minutes.
- Heat the sugar and half-and-half in a small saucepan over medium heat, whisking to dissolve the sugar.
- Remove from the heat and whisk in the gelatin mixture until dissolved. Stir in the buttermilk and vanilla and almond extracts.
- Pour through a fine-mesh sieve into a large liquid measuring cup or bowl.
- Let cool to room temperature, then divide among 6 glasses or small bowls. Refrigerate until firm, at least 4 hours.
- Combine the cherries and sugar in a large saucepan; let sit at room temperature until juicy, about 4 hours.
- Add the ginger and star anise to the cherry mixture and bring to a boil over medium-high heat. Cook, stirring occasionally and skimming any foam from the top, until thick and syrupy, about 30 minutes. Stir in the lemon juice and vanilla extract and cook 2 to 3 more minutes; remove from the heat and let cool completely. (Refrigerate any leftover compote in an airtight container for up to 1 month.) Spoon on top of the panna cotta and sprinkle with almonds.
- Photograph by Andrew Purcell

Nutrition Facts



PROTEIN 3.23% FAT 9.49% CARBS 87.28%

Properties

Glycemic Index:35.53, Glycemic Load:82.4, Inflammation Score:-4, Nutrition Score:6.3321738968725%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 607.02kcal (30.35%), Fat: 6.65g (10.23%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 137.6g (45.87%), Net Carbohydrates: 134.64g (48.96%), Sugar: 132.77g (147.52%), Cholesterol: 18.52mg (6.17%), Sodium: 70.44mg (3.06%), Alcohol: 0.92g (100%), Alcohol %: 0.34% (100%), Protein: 5.09g (10.18%), Vitamin C: 13.94mg (16.9%), Vitamin B2: 0.22mg (13%), Potassium: 434.04mg (12.4%), Fiber: 2.96g (11.84%), Calcium: 110.88mg (11.09%), Phosphorus: 103.56mg (10.36%), Copper: 0.14mg (6.78%), Magnesium: 24.82mg (6.2%), Vitamin A: 298.22IU (5.96%), Manganese: 0.12mg (5.81%), Vitamin B5: 0.56mg (5.61%), Selenium: 3.92µg (5.61%), Vitamin B6: 0.11mg (5.46%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.26µg (4.34%), Iron: 0.67mg (3.74%), Vitamin D: 0.52µg (3.47%), Vitamin K: 3.54µg (3.37%), Zinc: 0.44mg (2.91%), Folate: 11.14µg (2.78%), Vitamin B3: 0.32mg (1.61%), Vitamin E: 0.24mg (1.61%)