



Buttermilk Panna Cotta with Minted Citrus Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 1.3 teaspoons gelatin powder plain
- ☐ 1 pink grapefruit
- ☐ 1.5 cups heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 2 oranges

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

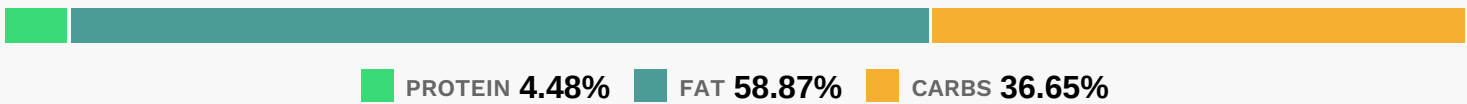
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Pour 1/4 cup cold water into a bowl; sprinkle gelatin on top.
- ☐ Let stand 10 minutes. In a pan over medium heat, mix cream and sugar. Cook just until mixture begins to bubble.
- ☐ Add gelatin; stir until dissolved. Stir in buttermilk and lemon juice. Divide custard among 6 6-oz. glasses. Cover with plastic wrap; chill for at least 8 hours.
- ☐ Cut off top and bottom of grapefruit. Slice off peel and white pith. Working over a bowl, cut in between membranes to extract segments. Repeat with oranges.
- ☐ Add sugar and mint.
- ☐ Let stand 10 minutes; drain. Uncover panna cotta, top with citrus salad; serve.

Nutrition Facts



Properties

Glycemic Index:39.78, Glycemic Load:16.05, Inflammation Score:-8, Nutrition Score:7.5117391192395%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 12.49mg, Hesperetin: 12.49mg, Hesperetin: 12.49mg, Hesperetin: 12.49mg Naringenin: 20.65mg, Naringenin: 20.65mg, Naringenin: 20.65mg, Naringenin: 20.65mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 328.93kcal (16.45%), Fat: 22.33g (34.35%), Saturated Fat: 14.08g (88.03%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 29.47g (10.72%), Sugar: 28.43g (31.59%), Cholesterol: 69.43mg (23.15%), Sodium: 39.17mg (1.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Vitamin C: 38.13mg (46.22%), Vitamin A: 1532.12IU (30.64%), Vitamin B2: 0.19mg (10.88%), Calcium: 91.94mg (9.19%), Vitamin D: 1.21µg (8.08%), Fiber: 1.8g (7.22%), Phosphorus: 66.44mg (6.64%), Potassium: 227.99mg (6.51%), Folate: 23.73µg (5.93%), Vitamin B1: 0.08mg (5.28%), Vitamin E: 0.7mg (4.66%), Selenium: 3.23µg (4.61%), Vitamin B5: 0.46mg (4.56%), Vitamin B6: 0.08mg (3.96%), Magnesium: 15.37mg (3.84%), Copper: 0.07mg (3.37%), Vitamin B12: 0.19µg (3.12%), Zinc: 0.29mg (1.95%), Vitamin K: 1.96µg (1.87%), Manganese: 0.03mg (1.67%), Vitamin B3: 0.28mg (1.42%), Iron: 0.21mg (1.15%)