



Buttermilk Panna Cotta with Rhubarb-Strawberry Jelly

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 1.3 cups buttermilk
- ☐ 1 cup crème fraîche sour
- ☐ 0.5 teaspoons gelatin powder unflavored
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 0.3 teaspoons kosher salt
- ☐ 3 cups rhubarb thick divided trimmed sliced
- ☐ 1 cup strawberries hulled

- ☐ 0.3 cup sugar
- ☐ 0.3 vanilla pod halved lengthwise

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin
- ☐ measuring cup

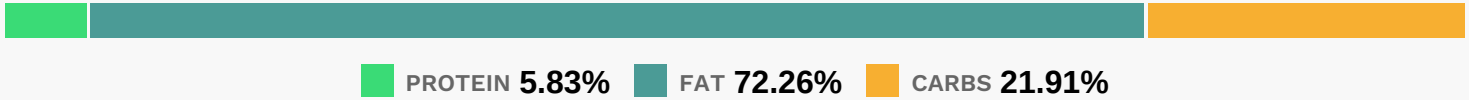
Directions

- ☐ Place 1/4 cup cold water in a small bowl and sprinkle gelatin over; let stand until softened, about 10 minutes.
- ☐ Meanwhile, combine cream, sugar, and salt in a small saucepan; scrape in seeds from vanilla bean and add pod. Bring just to a simmer.
- ☐ Add softened gelatin and stir until dissolved.
- ☐ Remove cream mixture from heat; let cool.
- ☐ Remove vanilla pod from cream mixture; discard.
- ☐ Whisk in buttermilk, then crème fraîche. Divide mixture among eight 6-ounce jars, ramekins, or glasses. Chill until set, at least 2 hours.
- ☐ Place strawberries, sugar, and 2 1/2 cups rhubarb in a medium heatproof bowl; stir to combine and cover tightly with plastic wrap, crimping plastic wrap just under rim of bowl. Set bowl over a saucepan of simmering water (plastic wrap should not touch saucepan) and cook, without stirring, until mixture looks pale and soft, 40–45 minutes.
- ☐ Strain mixture through a fine-mesh sieve into a measuring cup (do not push mixture through or jelly will be cloudy); discard solids.
- ☐ Add water, if needed, so liquid measures 1 cup.
- ☐ Place 2 tablespoons cold water in a small bowl and sprinkle gelatin over; let stand until softened, about 10 minutes.

- ☐
- Meanwhile, bring rhubarb–strawberry liquid to a boil in a small saucepan.

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Nutrition Facts



Properties

Glycemic Index:19.26, Glycemic Load:5.5, Inflammation Score:-5, Nutrition Score:6.6204347973285%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.3mg, Epicatechin 3–gallate: 0.3mg, Epicatechin 3–gallate: 0.3mg, Epicatechin 3–gallate: 0.3mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 247.25kcal (12.36%), Fat: 20.43g (31.43%), Saturated Fat: 12.2g (76.23%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.76g (4.64%), Sugar: 11.52g (12.8%), Cholesterol: 63.11mg (21.04%), Sodium: 133.56mg (5.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin C: 14.73mg (17.85%), Vitamin A: 836.47IU (16.73%), Vitamin K: 15.53µg (14.79%), Calcium: 139.18mg (13.92%), Vitamin B2: 0.2mg (11.89%), Phosphorus: 86.12mg (8.61%), Manganese: 0.16mg (8.24%), Potassium: 281.37mg (8.04%), Vitamin D: 1.08µg (7.22%), Selenium: 4.28µg (6.11%), Vitamin B12: 0.29µg (4.87%), Fiber: 1.18g (4.73%), Vitamin E: 0.65mg (4.36%), Magnesium: 17.11mg (4.28%), Vitamin B5: 0.4mg (3.96%), Folate: 12.69µg (3.17%), Vitamin B1: 0.04mg (2.96%), Vitamin B6: 0.06mg (2.89%), Zinc: 0.4mg (2.66%), Copper: 0.04mg (2.14%), Vitamin B3: 0.29mg (1.46%), Iron: 0.25mg (1.39%)