



Buttermilk Panna Cotta with Tropical Fruit

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 2 cups fruit assorted peeled (such as mango, papaya, and kiwi)
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 2 cups buttermilk 2% ()
- ☐ 7 tablespoons sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 1 cup whipping cream

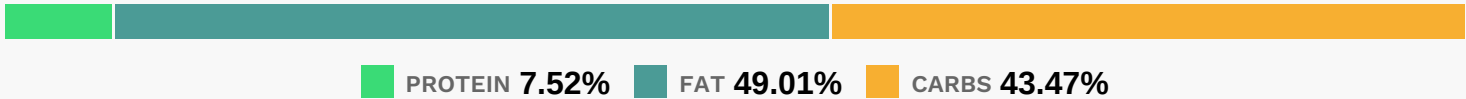
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Pour 2 tablespoons water into small custard cup; sprinkle unflavored gelatin over.
- ☐ Let stand until gelatin softens, approximately 10 minutes.
- ☐ Combine whipping cream and sugar in heavy medium saucepan. Stir over medium heat until sugar dissolves and mixture is hot but not boiling.
- ☐ Remove from heat; add gelatin mixture and stir until gelatin is completely dissolved and mixture is smooth. Cool mixture to room temperature, about 45 minutes.
- ☐ Stir buttermik and vanilla extract into cream mixture.
- ☐ Pour mixture through fine strainer into 4-cup measuring cup. Divide mixture among six 3/4-cup custard cups or ramekins. Refrigerate until panna cotta is set, at least 6 hours and up to 1 day.
- ☐ Run thin sharp knife around sides of each panna cotta to loosen. One at a time, place bottom of each custard cup in 1 inch of hot water 30 to 45 seconds; immediately invert custard cup onto plate. Using both hands, firmly grasp custard cup and plate together, shaking gently and allowing panna cotta to settle onto plate. Spoon fruit mixture around each panna cotta and serve.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:9.77, Inflammation Score:-5, Nutrition Score:5.1078260981518%

Nutrients (% of daily need)

Calories: 271.7kcal (13.59%), Fat: 15.3g (23.54%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 29.28g (10.65%), Sugar: 27.91g (31.01%), Cholesterol: 48.02mg (16.01%), Sodium: 136.11mg

(5.92%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 5.28g (10.56%), Vitamin A: 859.28IU (17.19%), Vitamin B2: 0.22mg (13.11%), Calcium: 124.01mg (12.4%), Phosphorus: 104.24mg (10.42%), Potassium: 230.03mg (6.57%), Copper: 0.1mg (5.17%), Fiber: 1.26g (5.06%), Selenium: 3.4µg (4.86%), Vitamin K: 4.98µg (4.75%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.24µg (3.99%), Magnesium: 15.93mg (3.98%), Vitamin B5: 0.36mg (3.55%), Zinc: 0.51mg (3.38%), Vitamin C: 2.78mg (3.36%), Vitamin B1: 0.05mg (3%), Vitamin B6: 0.05mg (2.7%), Vitamin E: 0.4mg (2.7%), Iron: 0.35mg (1.93%), Vitamin B3: 0.38mg (1.92%), Folate: 7.57µg (1.89%), Manganese: 0.03mg (1.32%)