



Buttermilk Panna Cotta With Zinfandel-Poached Figs

 Gluten Free

READY IN



400 min.

SERVINGS



8

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 2.5 cups buttermilk
- ☐ 8 servings zinfandel-poached figs
- ☐ 1 envelope gelatin powder unflavored
- ☐ 2 cups heavy cream
- ☐ 8 servings garnish: nutmeg freshly grated
- ☐ 0.5 cup sugar
- ☐ 0.5 vanilla pod split

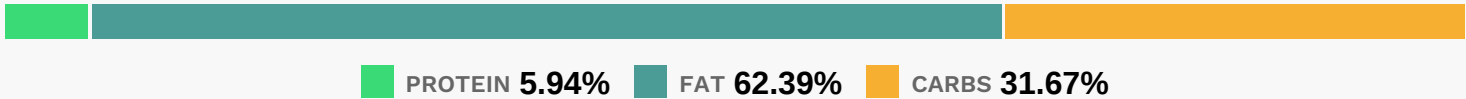
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Combine cream and vanilla bean in a small saucepan; sprinkle gelatin over cream, and let stand 10 minutes.
- ☐ Cook cream mixture over medium-low heat, stirring constantly, 5 minutes or until gelatin is dissolved. Increase heat to medium; add sugar, and stir until sugar is dissolved (about 2 to 3 minutes).
- ☐ Remove from heat. Scrape seeds from vanilla bean into cream mixture with back of a knife; discard vanilla bean.
- ☐ Whisk in buttermilk.
- ☐ Divide mixture among 8 (10-oz.) glasses. Cover and chill 6 hours to 2 days. Spoon 2 to 3 Tbsp. Zinfandel-Poached Figs into each glass just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:15.23, Inflammation Score:-6, Nutrition Score:6.9856521875962%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 348.09kcal (17.4%), Fat: 24.93g (38.35%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.6g (9.67%), Sugar: 26.59g (29.55%), Cholesterol: 75.49mg (25.16%), Sodium: 97.47mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin A: 1071.44IU (21.43%), Vitamin

B2: 0.27mg (15.96%), Calcium: 147.31mg (14.73%), Vitamin D: 1.93µg (12.85%), Phosphorus: 109.86mg (10.99%), Potassium: 281.17mg (8.03%), Fiber: 1.87g (7.46%), Vitamin B12: 0.44µg (7.34%), Selenium: 5.11µg (7.3%), Manganese: 0.13mg (6.35%), Magnesium: 24.02mg (6%), Vitamin B5: 0.59mg (5.88%), Vitamin B1: 0.08mg (5.62%), Vitamin B6: 0.11mg (5.38%), Copper: 0.1mg (5.03%), Vitamin E: 0.65mg (4.37%), Vitamin K: 4.48µg (4.27%), Zinc: 0.55mg (3.66%), Folate: 10.91µg (2.73%), Iron: 0.34mg (1.91%), Vitamin C: 1.42mg (1.72%), Vitamin B3: 0.33mg (1.66%)