



Cappuccino Panna Cotta

 Gluten Free

READY IN



348 min.

SERVINGS



10

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 0.3 ounce teaspoons powdered gelatin
- ☐ 10 servings ground cinnamon for garnish
- ☐ 3 cups heavy cream divided
- ☐ 2 tablespoons espresso powder instant
- ☐ 1 cup milk
- ☐ 2 tablespoons powdered sugar
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar

- ☐ 1 vanilla pod split
- ☐ 3 tablespoons water cold

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ In a small bowl mix together the gelatin and 3 tablespoons of cold water and set aside to soften.
- ☐ In a medium pot combine the milk, 2 1/4 cups heavy cream, sugar and salt. Put over medium heat and heat until just before it reaches a simmer.
- ☐ Remove from the heat and whisk in the softened gelatin, instant espresso powder, vanilla bean pod and seeds. Cover and let steep for 30 minutes.
- ☐ Arrange 10 espresso cups or 10 (4-ounce) ramekins on a baking sheet. Stir the cream mixture to reincorporate all the flavors.
- ☐ Remove vanilla bean pod from the cream and evenly divide the mixture between the espresso cups. Cover the cups with plastic wrap and refrigerate for at least 5 hours or overnight.
- ☐ In a large cold bowl, combine the remaining 3/4 cup of heavy cream and the powdered sugar. Whip with a hand mixer until soft peaks form.
- ☐ Remove the panna cotta from the refrigerator and top each cup with a heaping tablespoon of the whipped cream.
- ☐ Sprinkle with ground cinnamon and serve.

Nutrition Facts



 PROTEIN **4.49%**  FAT **74.23%**  CARBS **21.28%**

Properties

Glycemic Index:11.31, Glycemic Load:7.44, Inflammation Score:-6, Nutrition Score:5.2356520813444%

Nutrients (% of daily need)

Calories: 314.14kcal (15.71%), Fat: 26.69g (41.07%), Saturated Fat: 16.89g (105.53%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 16.15g (5.87%), Sugar: 14.85g (16.5%), Cholesterol: 83.61mg (27.87%), Sodium: 34.74mg (1.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 31.4mg (10.47%), Protein: 3.64g (7.27%), Vitamin A: 1095.01IU (21.9%), Manganese: 0.37mg (18.47%), Vitamin B2: 0.17mg (10.19%), Calcium: 99.23mg (9.92%), Vitamin D: 1.41µg (9.41%), Phosphorus: 70.64mg (7.06%), Vitamin E: 0.72mg (4.77%), Selenium: 3.14µg (4.49%), Potassium: 148.8mg (4.25%), Fiber: 1.06g (4.25%), Vitamin B12: 0.25µg (4.1%), Magnesium: 12.6mg (3.15%), Vitamin K: 3µg (2.86%), Vitamin B5: 0.28mg (2.82%), Vitamin B6: 0.04mg (2.17%), Zinc: 0.31mg (2.09%), Vitamin B1: 0.03mg (1.91%), Vitamin B3: 0.38mg (1.9%), Copper: 0.03mg (1.66%), Iron: 0.3mg (1.64%)