



Cappuccino Panna Cotta with Chocolate Sauce

 Gluten Free

READY IN



270 min.

SERVINGS



4

CALORIES



1179 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate-covered espresso beans for garnish
- ☐ 2 tablespoons plus light
- ☐ 4 sheets gelatin powder
- ☐ 0.3 cup heavy cream
- ☐ 3 cups heavy cream
- ☐ 2 tablespoons espresso powder instant
- ☐ 4 ounces semi chocolate chips

- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 vanilla pod

Equipment

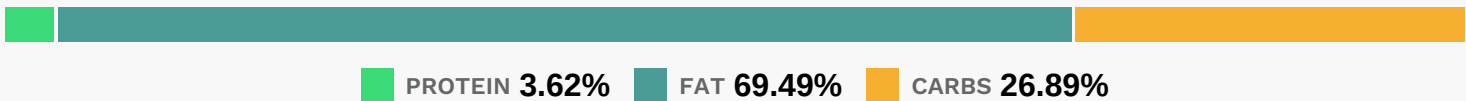
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin

Directions

- ☐ FOR THE PANNA COTTA
- ☐ In a small bowl of cool water, submerge the gelatin sheets to soften. They will go from stiff to soft, kind of like the texture of a giant contact lens. Feel one—it's SO cool!
- ☐ In a small saucepan, combine the cream, sugar, and espresso powder. Split the vanilla bean lengthwise down one side, open it up, and scrape out the seeds with a paring knife.
- ☐ Add the seeds and the hull to the pan.
- ☐ Whisk to combine everything.
- ☐ Bring the cream mixture to a boil and then immediately turn off the heat.
- ☐ Remove the softened gelatin sheets from the water and squeeze out the excess water.
- ☐ Add the gelatin sheets to the pan and whisk to combine.
- ☐ Immediately ladle the cream mixture into four 6-ounce ramekins and refrigerate for 2 to 3 hours or
- ☐ overnight.
- ☐ FOR THE CHOCOLATE SAUCE

- ☐ Fill a small saucepan with 1 inch of water and bring it to a boil (BTB).
- ☐ In a medium heatproof bowl, combine the chocolate chips, heavy cream, butter and corn syrup. place the bowl on top of the pan of water (this is a double-boiler setup). Reduce the heat to a simmer. Stir until the chocolate has melted and all the ingredients are combined.
- ☐ Remove and use immediately or store in a warm place until ready to use.
- ☐ TO UNMOLD THE PANNA COTTA
- ☐ Fill a small saucepan with 1 inch of water and bring to a boil, then turn off the heat. Run a paring knife around the outside edge of the panna cotta to loosen it. Set each ramekin in the saucepan for 10 seconds.
- ☐ Place a small serving plate on top of each ramekin and flip it over to unmold the panna cotta. If it doesn't release, put the ramekin in the water for a few seconds more and try again.
- ☐ To serve, ladle a couple tablespoons of the chocolate sauce around the panna cotta and sprinkle with a few chocolate-covered espresso beans.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:27.78, Inflammation Score:-9, Nutrition Score:15.254347713097%

Nutrients (% of daily need)

Calories: 1179.06kcal (58.95%), Fat: 92.97g (143.03%), Saturated Fat: 57.51g (359.45%), Carbohydrates: 80.94g (26.98%), Net Carbohydrates: 77.07g (28.03%), Sugar: 70.96g (78.85%), Cholesterol: 238.03mg (79.34%), Sodium: 73.17mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 281.17mg (93.72%), Protein: 10.9g (21.79%), Vitamin A: 3031.72IU (60.63%), Copper: 0.55mg (27.26%), Manganese: 0.54mg (27.14%), Vitamin B2: 0.45mg (26.47%), Magnesium: 95.03mg (23.76%), Phosphorus: 224.59mg (22.46%), Vitamin D: 3.2µg (21.33%), Calcium: 174.56mg (17.46%), Fiber: 3.86g (15.45%), Iron: 2.71mg (15.06%), Selenium: 10.25µg (14.65%), Potassium: 508.48mg (14.53%), Vitamin E: 2.16mg (14.38%), Zinc: 1.57mg (10.44%), Vitamin K: 10.02µg (9.54%), Vitamin B12: 0.37µg (6.21%), Vitamin B5: 0.61mg (6.14%), Vitamin B3: 1.19mg (5.97%), Vitamin B6: 0.09mg (4.32%), Vitamin B1: 0.06mg (3.94%), Folate: 9.18µg (2.3%), Vitamin C: 1.16mg (1.41%)