



## Cherry-Topped Almond Panna Cotta

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**462 kcal**

DESSERT

### Ingredients

- 1 tablespoon almonds
- 1 teaspoon almond extract
- 0.5 cup almonds sliced
- 1 pound cherries fresh pitted halved
- 2.3 teaspoons gelatin powder unflavored (from 2 envelopes)
- 3 cups cup heavy whipping cream
- 10 tablespoons sugar divided
- 0.5 teaspoon vanilla extract

- 1 cup milk whole divided

## Equipment

- bowl
- frying pan
- microwave
- chopsticks
- cherry pitter

## Directions

- Pour 1/4 cup milk into small microwave-safe bowl.
- Sprinkle gelatin over; stir to blend.
- Let stand 5 minutes to soften gelatin.
- Heat cream, 5 tablespoons sugar, and remaining 3/4 cup milk in small saucepan over medium heat just until bubbles begin to form around edge of pan, stirring to dissolve sugar. Stir in almond extract and vanilla extract.
- Heat gelatin mixture in microwave on low power until gelatin dissolves, stirring every 15 seconds, about 45 seconds. Stir gelatin mixture into warm milk mixture.
- Let stand 20 minutes, stirring every 5 minutes. Divide mixture among eight 3/4-cup glasses or compote dishes. Cover each with plastic; chill until set, about 4 hours. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- Stir almonds and 1 tablespoon sugar in small nonstick skillet over medium-high heat until nuts are toasted and sugar melts and coats nuts, stirring constantly, about 2 minutes.
- Transfer candied almonds to plate to cool, stirring occasionally.
- Place cherries, almond liqueur (if using), and remaining 4 tablespoons sugar in medium bowl; toss to coat.
- Let stand until sugar dissolves and juices form, stirring occasionally, about 20 minutes. Divide cherries with juices among glasses.
- Sprinkle candied almonds over and serve.
- A cherry pitter makes prepping the cherries a breeze. We like the

Oxo cherry pitter (\$13, [oxo.com](http://oxo.com)). Don't want to buy another gadget? You can also push the pit out with a chopstick.

## Nutrition Facts

**PROTEIN 5.53%** **FAT 69.63%** **CARBS 24.84%**

### Properties

Glycemic Index:18.76, Glycemic Load:12.81, Inflammation Score:-7, Nutrition Score:8.2678262254466%

### Flavonoids

Cyanidin: 17.3mg, Cyanidin: 17.3mg, Cyanidin: 17.3mg, Cyanidin: 17.3mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

### Nutrients (% of daily need)

Calories: 461.68kcal (23.08%), Fat: 36.85g (56.69%), Saturated Fat: 21.38g (133.65%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 27.51g (10%), Sugar: 26.7g (29.67%), Cholesterol: 104.51mg (34.84%), Sodium: 38.18mg (1.66%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 6.58g (13.17%), Vitamin A: 1397.74IU (27.95%), Vitamin B2: 0.31mg (18.5%), Vitamin E: 2.67mg (17.79%), Phosphorus: 128.63mg (12.86%), Calcium: 123.47mg (12.35%), Vitamin D: 1.76µg (11.76%), Manganese: 0.21mg (10.26%), Magnesium: 35.38mg (8.85%), Potassium: 309.31mg (8.84%), Fiber: 2.07g (8.26%), Copper: 0.14mg (7.11%), Selenium: 4.08µg (5.83%), Vitamin C: 4.5mg (5.46%), Vitamin B12: 0.31µg (5.13%), Vitamin B5: 0.49mg (4.89%), Vitamin B6: 0.09mg (4.37%), Vitamin B1: 0.06mg (4.33%), Zinc: 0.6mg (4.01%), Vitamin K: 4.14µg (3.94%), Iron: 0.57mg (3.19%), Folate: 9.26µg (2.31%), Vitamin B3: 0.43mg (2.17%)