



Chocolate Panna Cotta with Port- and Balsamic-Glazed Cherries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



725 kcal

DESSERT

Ingredients

- 2 tablespoons balsamic vinegar
- 6 servings canola oil
- 1 pound cherries pitted stemmed
- 2.3 teaspoons gelatin powder unflavored
- 0.8 cup port wine
- 5 ounces bittersweet chocolate chopped
- 0.5 cup sugar

- 0.5 teaspoon vanilla extract
- 2 cups whipping cream
- 1 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- baking pan
- wooden spoon

Directions

- Brush six 3/4-cup glass custard cups with canola oil.
- Pour milk into medium bowl.
- Sprinkle gelatin over; let stand until gelatin softens, about 5 minutes.
- Stir cream and sugar in heavy medium saucepan over medium-high heat until sugar dissolves. Bring to boil; remove from heat.
- Add chocolate; whisk until melted.
- Whisk warm chocolate mixture into gelatin mixture; stir to dissolve. Stir in vanilla. Working in 2 batches, transfer mixture to blender and use only 3 on/off turns to just fully blend mixture (do not overmix). Divide mixture among custard cups. Cover and chill 24 hours. (Can be made 2 days ahead. Keep chilled.)
- Stir cherries, Port, sugar, and vinegar in heavy large skillet over high heat until sugar dissolves. Bring to boil; reduce heat to medium and simmer until cherries are soft and wooden spoon leaves path in sauce when drawn across bottom of skillet, about 15 minutes.
- Remove from heat. Cool to room temperature. (Can be made 2 days ahead. Cover and refrigerate. Bring to room temperature before continuing.)
- Set custard cups in large baking dish.

- Pour enough hot water into dish to come halfway up sides of cups.
- Let stand 11/2 minutes. Take cups out of water; wipe bottoms dry. Invert each onto plate, shaking gently to dislodge panna cotta. Spoon cherries and sauce over panna cottas and serve.

Nutrition Facts

PROTEIN 4.07%

FAT 67.55%

CARBS 28.38%

Properties

Glycemic Index:30.02, Glycemic Load:15.12, Inflammation Score:-8, Nutrition Score:11.470869629279%

Flavonoids

Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg Catechin: 6.25mg, Catechin: 6.25mg, Catechin: 6.25mg, Catechin: 6.25mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 725.15kcal (36.26%), Fat: 53.2g (81.84%), Saturated Fat: 25.27g (157.93%), Carbohydrates: 50.29g (16.76%), Net Carbohydrates: 46.81g (17.02%), Sugar: 42.43g (47.14%), Cholesterol: 95.94mg (31.98%), Sodium: 46.3mg (2.01%), Alcohol: 4.7g (100%), Alcohol %: 2.08% (100%), Caffeine: 20.32mg (6.77%), Protein: 7.2g (14.41%), Vitamin A: 1292.28IU (25.85%), Vitamin E: 3.39mg (22.62%), Manganese: 0.41mg (20.7%), Copper: 0.4mg (19.9%), Phosphorus: 168.7mg (16.87%), Magnesium: 64.04mg (16.01%), Vitamin K: 15.93µg (15.17%), Vitamin B2: 0.25mg (14.95%), Fiber: 3.48g (13.91%), Potassium: 472.79mg (13.51%), Calcium: 131.72mg (13.17%), Vitamin D: 1.72µg (11.44%), Iron: 1.98mg (11%), Selenium: 5.98µg (8.54%), Zinc: 1.07mg (7.1%), Vitamin C: 5.77mg (6.99%), Vitamin B12: 0.39µg (6.48%), Vitamin B5: 0.59mg (5.87%), Vitamin B6: 0.1mg (4.89%), Vitamin B1: 0.07mg (4.83%), Vitamin B3: 0.47mg (2.37%), Folate: 6.65µg (1.66%)