



Chocolate Panna Cottas

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons gelatin powder unflavored ()
- ☐ 2 cups milk 1% low-fat divided ()
- ☐ 1.7 cups nonfat greek yogurt plain
- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

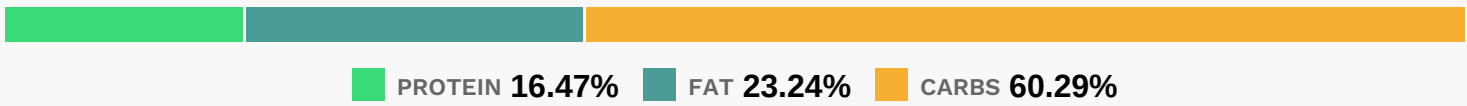
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ spatula

Directions

- ☐ In a small bowl, sprinkle gelatin over 1/2 cup milk.
- ☐ Let stand 1 minute, then stir and let stand about 10 more minutes for gelatin to soften.
- ☐ In a medium saucepan, whisk remaining 1 1/2 cups milk, the sugar, semisweet chocolate, and cocoa over medium-high heat until steaming, about 3 minutes.
- ☐ Add gelatin mixture and whisk gently until it dissolves, 2 to 3 minutes.
- ☐ Let cool 15 minutes.
- ☐ In a large bowl, whisk yogurt with vanilla until smooth.
- ☐ Pour and stir chocolate mixture through a fine strainer into yogurt, then whisk mixtures together.
- ☐ Oil 8 ramekins (2/3 cup size). Divide yogurt mixture among ramekins. Chill, covered, until set, 4 1/2 hours and up to 2 days.
- ☐ Run a small metal spatula between panna cottas and sides of ramekins to loosen. Immerse ramekins 1 at a time to just below rim in hot water until edges of dessert soften, 20 to 30 seconds; lift out and dry bottom of ramekin. Invert a small plate over each. Hold plate and ramekin together and give a firm shake to release panna cotta, easing it out gently with the spatula if needed.
- ☐ Scatter chocolate shavings over desserts if you like.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-3, Nutrition Score:6.4965218642484%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 195.45kcal (9.77%), Fat: 5.22g (8.03%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 28.6g (10.4%), Sugar: 27.01g (30.02%), Cholesterol: 5.67mg (1.89%), Sodium: 41.83mg (1.82%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 15.32mg (5.11%), Protein: 8.32g (16.64%), Phosphorus: 165.22mg (16.52%), Copper: 0.27mg (13.27%), Calcium: 131.41mg (13.14%), Vitamin B2: 0.22mg (12.81%), Manganese: 0.25mg (12.62%), Vitamin B12: 0.67µg (11.18%), Magnesium: 44.06mg (11.02%), Selenium: 7.15µg (10.21%), Fiber: 1.84g (7.38%), Potassium: 254.96mg (7.28%), Zinc: 0.94mg (6.29%), Iron: 1.1mg (6.09%), Vitamin D: 0.65µg (4.33%), Vitamin B5: 0.39mg (3.91%), Vitamin B6: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.24%), Vitamin A: 122.62IU (2.45%), Vitamin B3: 0.31mg (1.53%), Folate: 5.26µg (1.31%)