



## Coffee Panna Cotta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1171 kcal

DESSERT

### Ingredients

- 0.5 cup hot-brewed coffee
- 1 teaspoon gelatin powder unflavored
- 5.5 cups cup heavy whipping cream
- 0.3 cup brown sugar light packed (firmly )
- 1 pinch salt
- 2 tablespoons water
- 4 rum

### Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Pour the water in a small bowl and sprinkle over the gelatin.
- Let stand until softened. This will take about 10 minutes, so get on with the rest of the recipe while the gelatin softens.
- Pour the hot strong espresso into a small saucepan and stir in the light brown sugar until it has dissolved. Now stir in the cream and a pinch of salt and put the saucepan over a low heat.
- When the cappuccino-scented mixture is about to come to a boil—i.e., when it is beginning to bubble a little around the edges—take the pan off the heat.
- Check that the gelatin looks soft—it should have turned translucent and absorbed all of the water—then scrape all of the soft gelatin into the saucepan and whisk until the gelatin has fully dissolved. Do not return the pan to the heat once you have added the gelatin.
- Transfer the mixture to a heatproof pitcher before pouring the mixture into the 4 molds, giving the pitcher's contents a gentle whisk between each pour.
- Transfer to the refrigerator for at least 4 hours, or preferably overnight, until set.
- Let them come to room temperature before serving.
- To unmold easily, dip the bottom of each mold into some just-boiled water, one at a time, and hold there for about 8 seconds; let it stand out of the water for another few seconds before wiping off the water and putting a small salad plate or saucer on top; then overturn the mold and let the panna cotta drop onto the plate. Do likewise with the remaining 3 molds and serve, as is, or with some cool chocolate sauce lapping around the edges.

## Nutrition Facts

    
 **PROTEIN 3.41%**  **FAT 88.96%**  **CARBS 7.63%**

## Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:13.912608659786%

## Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:  
0.01mg

## **Nutrients (% of daily need)**

Calories: 1170.86kcal (58.54%), Fat: 118.14g (181.76%), Saturated Fat: 75.27g (470.43%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 22.78g (8.28%), Sugar: 22.89g (25.44%), Cholesterol: 369.79mg (123.26%), Sodium: 104.83mg (4.56%), Alcohol: 0.33g (100%), Alcohol %: 0.11% (100%), Caffeine: 11.85mg (3.95%), Protein: 10.2g (20.4%), Vitamin A: 4810.58IU (96.21%), Vitamin B2: 0.64mg (37.65%), Vitamin D: 5.24µg (34.91%), Calcium: 228.77mg (22.88%), Vitamin E: 3.01mg (20.09%), Phosphorus: 191.67mg (19.17%), Selenium: 10.38µg (14.83%), Vitamin K: 10.5µg (10%), Potassium: 343.87mg (9.82%), Vitamin B5: 0.93mg (9.29%), Vitamin B12: 0.52µg (8.73%), Magnesium: 25.33mg (6.33%), Vitamin B6: 0.12mg (6.03%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.07mg (4.66%), Folate: 14.12µg (3.53%), Copper: 0.07mg (3.3%), Iron: 0.44mg (2.44%), Vitamin C: 1.96mg (2.38%), Vitamin B3: 0.28mg (1.41%), Manganese: 0.02mg (1.01%)