



Cook the Book: Fresh Basil Panna Cotta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 1 bunch basil fresh rinsed well
- ☐ 1 packet gelatin powder unflavored
- ☐ 2 cups cup heavy whipping cream whole for up to 1/2 cup (or substitute milk)
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water

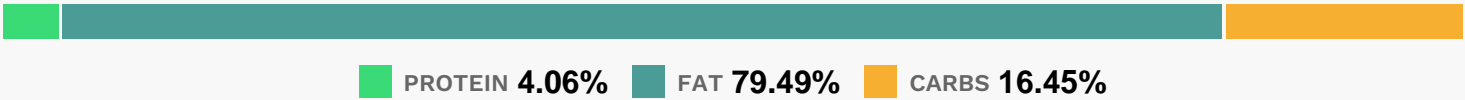
Equipment

- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ Dissolve gelatin in water and set aside. Reserve one or two large basil leaves for the garnish.
- ☐ Combine the cream, sugar, and the rest of the basil in a medium saucepan and just bring to a simmer.
- ☐ Remove from heat and cover to steep for 20 minutes. Strain the leaves from the cream mixture and stir in the gelatin.
- ☐ Divide equally among four ramekins, cover with plastic, and chill at least 4 hours or overnight to set.
- ☐ Roll up reserved basil leaves and slice thinly into chiffonades.
- ☐ Place a pinch of the chiffonades on each of the ramekins to garnish.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:11.65, Inflammation Score:-7, Nutrition Score:5.7099998865439%

Nutrients (% of daily need)

Calories: 475.09kcal (23.75%), Fat: 43.03g (66.2%), Saturated Fat: 27.37g (171.08%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 20g (7.27%), Sugar: 20.11g (22.35%), Cholesterol: 134.47mg (44.82%), Sodium: 36.18mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin A: 1854.8IU (37.1%), Vitamin B2: 0.23mg (13.67%), Vitamin D: 1.9µg (12.69%), Vitamin K: 12.11µg (11.53%), Calcium: 83.43mg (8.34%), Vitamin E: 1.11mg (7.41%), Phosphorus: 70.82mg (7.08%), Selenium: 4.37µg (6.24%), Potassium: 119.56mg (3.42%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.31mg (3.1%), Copper: 0.06mg (3.05%), Magnesium: 10.07mg (2.52%), Vitamin B6: 0.04mg (2.24%), Zinc: 0.31mg (2.04%), Folate: 6.64µg (1.66%), Vitamin B1: 0.02mg (1.66%), Manganese: 0.03mg (1.33%), Vitamin C: 1.07mg (1.3%), Iron: 0.21mg (1.17%)