

Corn Panna Cotta with Dulce de Leche

 Gluten Free

READY IN



440 min.

SERVINGS



6

CALORIES



368 kcal

DESSERT

Ingredients

- ☐ 0.3 cup dulce de leche
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 ears corn fresh cut into 4 pieces each
- ☐ 2.3 teaspoons gelatin powder unflavored
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons water
- ☐ 1 cup milk whole

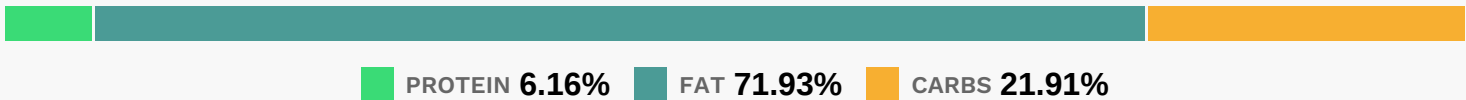
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Bring milk and sugar to simmer in medium saucepan over medium heat.
- ☐ Add corn kernels. Simmer until corn is tender, about 5 minutes. Strain milk into large saucepan; add 2 cups cream, coarse salt, and corn cobs. Bring to simmer. Cover; remove from heat. Steep 30 minutes.
- ☐ Transfer corn to small bowl. Cover; chill.
- ☐ Meanwhile, place 3 tablespoons water in small cup.
- ☐ Sprinkle gelatin over.
- ☐ Let stand until gelatin softens, at least 15 minutes.
- ☐ Remove cobs from cream mixture; discard cobs. Bring cream mixture to simmer.
- ☐ Remove from heat.
- ☐ Add softened gelatin; stir to dissolve. Divide cream mixture among six 3/4-cup ramekins or custard cups. Cover and refrigerate until set, at least 6 hours and up to 1 day.
- ☐ Whisk dulce de leche and 3 tablespoons cream in small bowl to blend. Spoon some sauce over each panna cotta.
- ☐ Sprinkle a few corn kernels over each dessert (reserve remaining corn for another use) and serve.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:8.48, Inflammation Score:-6, Nutrition Score:6.1695651697076%

Nutrients (% of daily need)

Calories: 367.74kcal (18.39%), Fat: 30.38g (46.74%), Saturated Fat: 19.1g (119.39%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 20.23g (7.36%), Sugar: 17.24g (19.15%), Cholesterol: 94.53mg (31.51%), Sodium: 141.69mg (6.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin A: 1288.18IU (25.76%), Vitamin B2: 0.23mg (13.37%), Vitamin D: 1.72µg (11.44%), Phosphorus: 114.37mg (11.44%), Calcium: 104.2mg (10.42%), Potassium: 217.85mg (6.22%), Vitamin B12: 0.35µg (5.78%), Vitamin B5: 0.57mg (5.71%), Vitamin B1: 0.09mg (5.7%), Selenium: 3.99µg (5.7%), Magnesium: 21.94mg (5.49%), Vitamin E: 0.77mg (5.14%), Folate: 16.22µg (4.06%), Vitamin B6: 0.08mg (4.03%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.63mg (3.13%), Vitamin C: 2.52mg (3.05%), Copper: 0.06mg (2.99%), Manganese: 0.05mg (2.68%), Vitamin K: 2.75µg (2.62%), Fiber: 0.6g (2.4%), Iron: 0.26mg (1.44%)