



Creme Fraiche Panna Cotta Jubilee Style

 Gluten Free

READY IN



220 min.

SERVINGS



8

CALORIES



710 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cherry brandy (recommended: Kirsch)
- ☐ 2 pounds cherries frozen thawed pitted
- ☐ 3 tablespoons confectioners' sugar
- ☐ 2 cups crème fraîche
- ☐ 2 tablespoons powdered gelatin
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 cups heavy cream

- ☐ 1 lemon zest cut into strips
- ☐ 0.3 cup ruby port
- ☐ 1 vanilla pod
- ☐ 3 cups milk whole

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ ramekin

Directions

- ☐ Place the cream, milk and sugar in a medium saucepan and bring to a simmer over medium-high heat. Split and scrape the vanilla seeds from the bean.
- ☐ Add both the seeds and the pod to the milk.
- ☐ Once the milk mixture begins to simmer, shut off the heat and whisk in the creme fraiche. Strain the mixture and return to the pot.
- ☐ Add the gelatin and stir until dissolved.
- ☐ Pour the mixture into 8 (1 cup) ramekins and set aside to come to room temperature. Cover and place in the refrigerator to firm up for at least 3 hours, but it is best to let sit overnight.
- ☐ To make the sauce, combine the cherries and their juices, the cherry brandy, and the port in a medium saucepan with low sides, over medium heat. When mixture is hot, remove the pan from the heat and ignite with a long kitchen match. Once the flame subsides, return the pan to medium heat.
- ☐ Add the sugar, cinnamon, and the lemon zest and stir until the sugar has dissolved and the mixture starts to thicken, about 3 more minutes.
- ☐ Let the mixture cool to room temperature and serve with the Panna Cotta.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:22.55, Inflammation Score:-8, Nutrition Score:11.465217486672%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 2.09mg, Peonidin: 2.09mg, Peonidin: 2.09mg, Peonidin: 2.09mg Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 710.05kcal (35.5%), Fat: 46.71g (71.86%), Saturated Fat: 28.08g (175.51%), Carbohydrates: 57.2g (19.07%), Net Carbohydrates: 54.71g (19.89%), Sugar: 52.18g (57.98%), Cholesterol: 145.76mg (48.59%), Sodium: 81.53mg (3.54%), Alcohol: 6.54g (100%), Alcohol %: 2.03% (100%), Protein: 9.67g (19.35%), Vitamin A: 1891.56IU (37.83%), Vitamin B2: 0.44mg (25.91%), Calcium: 247.94mg (24.79%), Phosphorus: 214.01mg (21.4%), Vitamin D: 2.43µg (16.23%), Potassium: 557.47mg (15.93%), Vitamin B12: 0.76µg (12.63%), Vitamin C: 9.96mg (12.07%), Selenium: 7.46µg (10.66%), Fiber: 2.49g (9.98%), Vitamin B5: 1mg (9.96%), Magnesium: 36.89mg (9.22%), Vitamin B6: 0.17mg (8.39%), Vitamin E: 1.17mg (7.79%), Vitamin B1: 0.11mg (7.65%), Copper: 0.14mg (6.87%), Vitamin K: 6.39µg (6.09%), Manganese: 0.12mg (5.94%), Zinc: 0.88mg (5.86%), Iron: 0.61mg (3.4%), Folate: 12.18µg (3.05%), Vitamin B3: 0.41mg (2.05%)