



Dairy-Free Red Berry Almond Milk Panna Cotta



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



336 kcal

DESSERT

Ingredients



1 cup currant red



1 cup dairy-free creamer (such as Silk Soy Creamer or So Delicious Coconut Milk Creamer)



1 cup non-dairy almond milk



1 cup raspberries



0.5 cup sugar



2 teaspoons powdered gelatin bloomed in 2 tb water (means to pour the water over the gelatin and let it sit while you prepare the panna cotta)

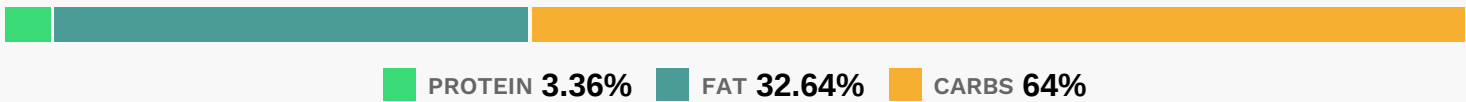
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ In a food processor, puree the raspberries and redcurrant together and divide the mixture among 4–6 glasses. Freeze (see Note).
- ☐ Combine all the ingredients, except the gelatin, in a saucepan over medium high heat and bring to a boil.
- ☐ Heat the gelatin in the microwave for 8 seconds and quickly stir it in the cream mixture. If you don't have a microwave, set the cup with the gelatin in large saucepan with enough water to come up halfway up the sides of the gelatin bowl, on medium heat and let the gelatin melt that way.
- ☐ Let the panna cotta mixture cool to lukewarm.
- ☐ Remove the glasses from the freezer and slowly pour the cream over the red berry puree and let set in the refrigerator for at least 3 hours.Decorate with fresh berries if desired.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:25.95, Inflammation Score:-2, Nutrition Score:7.8826088153798%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 336.3kcal (16.82%), Fat: 13.16g (20.24%), Saturated Fat: 10.72g (67.02%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 54.31g (19.75%), Sugar: 48.77g (54.19%), Cholesterol: 0mg (0%), Sodium: 104.75mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Manganese: 0.8mg (40.24%), Iron: 2.76mg (15.34%), Fiber: 3.72g (14.89%), Copper: 0.26mg (13.12%), Potassium: 449.82mg (12.85%), Calcium: 124.68mg (12.47%), Vitamin C: 10.12mg (12.26%), Magnesium: 45.58mg (11.39%), Phosphorus: 98.58mg (9.86%), Vitamin B6: 0.14mg (6.94%), Vitamin B3: 1.12mg (5.61%), Vitamin B1: 0.08mg (5.31%), Folate: 17.81µg (4.45%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.58mg (3.86%), Vitamin K: 3.53µg (3.36%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.3mg (2%)