



Espresso Panna Cotta

 Gluten Free

READY IN



435 min.

SERVINGS



2

CALORIES



842 kcal

DESSERT

Ingredients

- 1 small chocolate bar dark for garnishing
- 1 small chocolate bar white for garnishing
- 1.5 teaspoons powdered gelatin unflavored
- 1.5 cups heavy cream
- 3 teaspoons espresso powder instant
- 1 pinch salt
- 0.3 cup sugar
- 0.5 cup milk whole

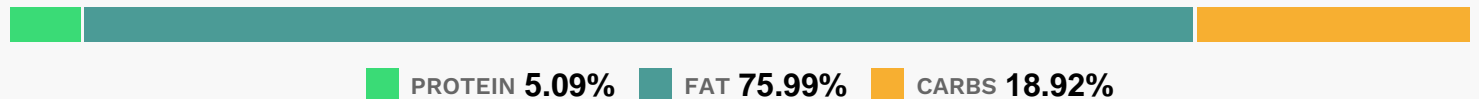
Equipment

- sauce pan
- peeler

Directions

- Place the milk in a heavy, small saucepan.
- Sprinkle the gelatin over and let stand for 5 minutes to soften the gelatin. Stir over medium heat just until the gelatin dissolves, but the milk does not boil, about 2 minutes.
- Add the cream, espresso powder, sugar, and salt. Stir over low heat, until the sugar dissolves, about 3 more minutes.
- Remove from the heat and let cool slightly.
- Pour the cream mixture into 2 martini glasses, dividing equally. Cover and refrigerate, stirring every 20 minutes during the first hour. Chill until set, at least 6 hours and up to 2 days.
- When ready to serve, use a vegetable peeler on the chocolate blocks to create about 1 tablespoon each of the white and dark chocolate shavings.
- Sprinkle the shavings over each panna cotta and serve.

Nutrition Facts



Properties

Glycemic Index:100.55, Glycemic Load:19.87, Inflammation Score:-9, Nutrition Score:12.9056521084%

Nutrients (% of daily need)

Calories: 841.51kcal (42.08%), Fat: 72.61g (111.71%), Saturated Fat: 45.72g (285.75%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 39.14g (14.23%), Sugar: 36.75g (40.83%), Cholesterol: 209.55mg (69.85%), Sodium: 100.69mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 58.3mg (19.43%), Protein: 10.94g (21.88%), Vitamin A: 2728.38IU (54.57%), Vitamin B2: 0.44mg (26.17%), Vitamin D: 3.53µg (23.51%), Phosphorus: 214.85mg (21.49%), Calcium: 208.08mg (20.81%), Copper: 0.34mg (16.82%), Manganese: 0.31mg (15.34%), Magnesium: 57.36mg (14.34%), Selenium: 9.01µg (12.88%), Potassium: 416.69mg (11.91%), Vitamin E: 1.76mg (11.73%), Vitamin B12: 0.66µg (10.95%), Iron: 1.96mg (10.88%), Zinc: 1.16mg (7.72%), Vitamin B5: 0.75mg (7.49%), Vitamin K: 6.99µg (6.66%), Fiber: 1.53g (6.11%), Vitamin B6: 0.11mg (5.3%), Vitamin B1: 0.08mg (5.05%), Vitamin B3: 0.76mg (3.78%),

Folate: 8.07µg (2.02%), Vitamin C: 1.07mg (1.3%)