



## Fruity Panna Cotta

 Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



110 kcal

### Ingredients

- 32 oz nonfat yogurt plain
- 1 cup strawberries sliced
- 1 pkg jell-o strawberry flavor gelatin sugar free (8-serving size)

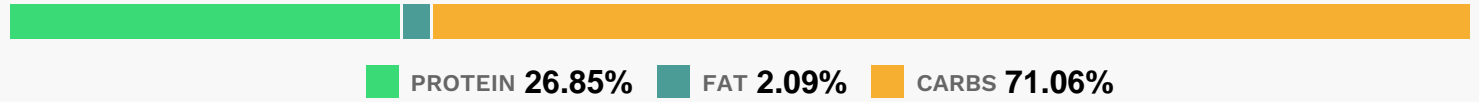
### Equipment

- bowl
- microwave

### Directions

- Mix yogurt and dry gelatin in medium microwavable bowl. Microwave on HIGH 2-1/2 minutes or until gelatin is completely dissolved, stirring after 1-1/2 minutes.
- Pour into 9-inch pie plate sprayed with cooking spray. Refrigerate 3 hours or until set.
- Unmold gelatin onto serving plate. Top with fruit just before serving. Store leftover dessert in refrigerator.

## Nutrition Facts



### Properties

Glycemic Index:5, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:6.2491303727679%

### Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 109.74kcal (5.49%), Fat: 0.26g (0.4%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 19.35g (7.04%), Sugar: 18.73g (20.81%), Cholesterol: 2.27mg (0.76%), Sodium: 137.01mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Calcium: 228.86mg (22.89%), Phosphorus: 197.34mg (19.73%), Vitamin B2: 0.27mg (16.1%), Vitamin C: 11.6mg (14.07%), Vitamin B12: 0.69µg (11.53%), Potassium: 317.45mg (9.07%), Zinc: 1.13mg (7.51%), Vitamin B5: 0.75mg (7.51%), Selenium: 4.87µg (6.95%), Magnesium: 24.1mg (6.02%), Folate: 18.25µg (4.56%), Vitamin B1: 0.06mg (3.94%), Manganese: 0.08mg (3.82%), Vitamin B6: 0.07mg (3.43%), Copper: 0.04mg (1.91%), Fiber: 0.36g (1.44%), Vitamin B3: 0.21mg (1.06%), Iron: 0.19mg (1.05%)