



Greek Yogurt Panna Cotta with Granola Streusel

READY IN



25 min.

SERVINGS



4

CALORIES



597 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar
- 3 tablespoons butter
- 0.3 ounce gelatin powder
- 1 cup cereal
- 2 cups greek yogurt
- 1 cup heavy whipping cream
- 1 cup milk
- 0.3 cup sugar

- 1 teaspoon vanilla extract
- 4 tablespoons water

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- Sprinkle gelatin over warm water and let sit until gelatin is fully absorbed, about 10 minutes. In a large bowl whisk together Greek yogurt, cream, and vanilla.
- Heat milk and sugar in a small saucepan over medium high heat, stirring occasionally to prevent scorching. When bubbles begin to form around the edges remove from heat and pour in the gelatin, whisking constantly until the gelatin has dissolved into the milk. Slowly pour the hot milk into the cream/yogurt mixture and divide between 4 large wine glasses.
- Let chill for 2 hours until set, or ideally cover with plastic wrap and refrigerate overnight.
- When ready to serve, melt butter in a medium saucepan over medium heat, then add granola and 2 tablespoons brown sugar. Cook stirring constantly until granola is toasted and coated with sugar.
- Let cool completely before serving the granola crumbled on top of the panna cotta.

Nutrition Facts

 PROTEIN 12.67%  FAT 56.22%  CARBS 31.11%

Properties

Glycemic Index:39.52, Glycemic Load:9.81, Inflammation Score:-7, Nutrition Score:14.209130389535%

Nutrients (% of daily need)

Calories: 597.36kcal (29.87%), Fat: 37.86g (58.24%), Saturated Fat: 21g (131.27%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 45.56g (16.57%), Sugar: 32.6g (36.22%), Cholesterol: 102.13mg (34.04%), Sodium: 158.94mg (6.91%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 19.19g (38.39%), Manganese: 0.84mg (41.9%),

Phosphorus: 325.3mg (32.53%), Vitamin B2: 0.54mg (31.94%), Selenium: 19.07µg (27.25%), Calcium: 260.69mg (26.07%), Vitamin A: 1239.86IU (24.8%), Vitamin B12: 1.16µg (19.4%), Vitamin E: 2.01mg (13.37%), Magnesium: 51.65mg (12.91%), Potassium: 419.88mg (12%), Vitamin B1: 0.16mg (10.91%), Vitamin D: 1.62µg (10.82%), Zinc: 1.55mg (10.34%), Vitamin B5: 0.91mg (9.06%), Iron: 1.53mg (8.49%), Vitamin B6: 0.16mg (8.09%), Copper: 0.16mg (7.89%), Fiber: 1.59g (6.34%), Folate: 20.66µg (5.16%), Vitamin K: 4.16µg (3.97%), Vitamin B3: 0.62mg (3.1%)