



Hibiscus Panna Cotta

 Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons powdered gelatin unflavored
- ☐ 1 cup raspberries fresh
- ☐ 0.1 teaspoon salt fine
- ☐ 0.5 cup caster sugar
- ☐ 6 hibiscus tea bags such as the republic of tea
- ☐ 2 teaspoons vanilla extract pure
- ☐ 1.5 cups whipping cream at room temperature
- ☐ 1 cup milk whole at room temperature

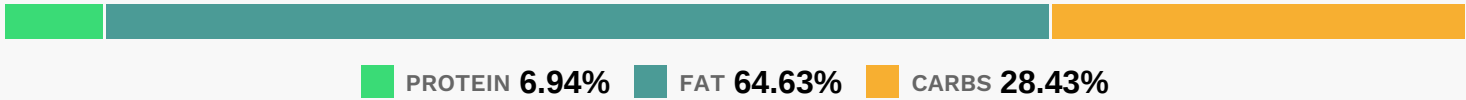
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ In a small saucepan, bring 1 1/2 cups water to a boil over high heat. Turn off the heat and add the tea bags. Allow the tea to sit for 10 minutes.
- ☐ Place the milk in a 2-quart saucepan.
- ☐ Sprinkle the gelatin over.
- ☐ Let stand for 3 to 5 minutes to soften the gelatin. Stir over medium heat just until the gelatin dissolves but the milk does not boil, about 5 minutes.
- ☐ Place a sieve over the saucepan and strain the tea mixture into the milk mixture, pressing lightly on the tea bags to extract as much liquid as possible. Discard the tea bags. Stir in the cream, sugar, vanilla and salt. Stir until the sugar has dissolved, about 2 minutes.
- ☐ Remove the pan from the heat and cool slightly.
- ☐ Pour into 6 martini glasses or 5-ounce ramekins. Cover with plastic wrap and refrigerate until set, at least 6 hours.
- ☐ Garnish with fresh raspberries and serve.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:12.64, Inflammation Score:-5, Nutrition Score:5.3704347817794%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 314.04kcal (15.7%), Fat: 22.97g (35.33%), Saturated Fat: 14.45g (90.29%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.44g (7.8%), Sugar: 21.38g (23.75%), Cholesterol: 72.11mg (24.04%), Sodium: 85.68mg (3.73%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Protein: 5.55g (11.09%), Vitamin A: 947.13IU (18.94%), Vitamin B2: 0.19mg (10.95%), Calcium: 96.1mg (9.61%), Vitamin D: 1.4µg (9.33%), Phosphorus: 82.5mg (8.25%), Manganese: 0.14mg (7.14%), Vitamin C: 5.6mg (6.78%), Selenium: 3.75µg (5.36%), Vitamin B12: 0.31µg (5.25%), Fiber: 1.3g (5.2%), Vitamin E: 0.74mg (4.94%), Potassium: 150.47mg (4.3%), Copper: 0.08mg (4.24%), Vitamin B5: 0.37mg (3.73%), Magnesium: 14.19mg (3.55%), Vitamin K: 3.59µg (3.42%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.79%), Zinc: 0.4mg (2.67%), Folate: 7.38µg (1.85%), Iron: 0.24mg (1.32%), Vitamin B3: 0.21mg (1.04%)