

# Honey Panna Cotta

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon gelatin powder
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 2 teaspoons juice of lemon
- ☐ 4 tablespoons milk
- ☐ 2 cups greek yogurt plain
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split

☐ 1 cup water

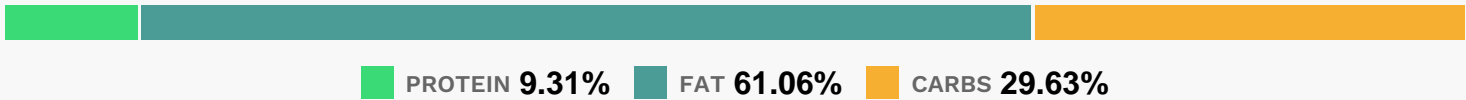
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Put the milk into a small bowl and sprinkle with gelatin over it. Stir and set aside for 5 minutes.
- ☐ Combine the cream, vanilla bean seeds, honey and sugar in a medium pan and bring to a boil.
- ☐ Remove from the heat and let cool slightly.
- ☐ Add the gelatin-milk-mixture to the pan and stir until completely dissolved.
- ☐ Add the lemon juice and stir.
- ☐ Whisk in the Greek yogurt. Divide the mixture evenly among 8 4-ounce glasses, leaving about 1/2 inch of space between it and the rim. Chill at least 3 hours in the refrigerator.To make the gelee, combine 2 tablespoons of water and the gelatin in a small bowl and stir. Set aside for 5 minutes.Meanwhile, combine 1 cup of water then the honey in a pan and bring to a boil, stirring constantly.
- ☐ Remove from the heat and let continue to cook for a few seconds.
- ☐ Add the gelatin mixture to it and stir until it is completely dissolved.Divide the gelatin mixture over the panna cotta evenly among the glasses. Chill until set, at least one hour.
- ☐ Garnish with spun sugar or single toasted almond slice inserted into the center of the gelee.

## Nutrition Facts



## Properties

Glycemic Index:20.05, Glycemic Load:12.02, Inflammation Score:-5, Nutrition Score:4.8843478612278%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 315.74kcal (15.79%), Fat: 22.03g (33.89%), Saturated Fat: 13.88g (86.75%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 24.01g (8.73%), Sugar: 23.68g (26.31%), Cholesterol: 70.64mg (23.55%), Sodium: 40.03mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin A: 888.88IU (17.78%), Vitamin B2: 0.27mg (15.94%), Phosphorus: 110.94mg (11.09%), Calcium: 106.16mg (10.62%), Selenium: 7.24µg (10.34%), Vitamin B12: 0.49µg (8.1%), Vitamin D: 1.03µg (6.9%), Potassium: 147.15mg (4.2%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.47mg (3.16%), Vitamin B6: 0.06mg (3.07%), Magnesium: 11.33mg (2.83%), Vitamin B1: 0.03mg (1.84%), Copper: 0.04mg (1.83%), Vitamin K: 1.93µg (1.83%), Folate: 6.56µg (1.64%), Vitamin C: 0.91mg (1.1%)