

Honeyed Panna Cotta with Dried Figs and Sauternes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 8 figs dried black quartered
- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 3 tablespoons honey
- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 3 cups whipping cream

- ☐ 1 cup milk whole
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

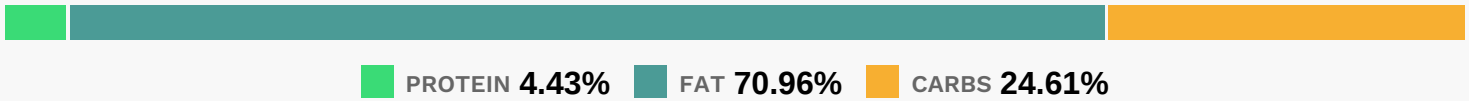
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place milk in heavy small saucepan.
- ☐ Sprinkle gelatin over.
- ☐ Let stand 5 minutes to soften. Stir over medium heat until gelatin dissolves, about 5 minutes (do not boil).
- ☐ Add cream, 3 tablespoons sugar, honey and salt and stir until sugar dissolves, about 2 minutes.
- ☐ Remove from heat.
- ☐ Whisk in vanilla. Cool slightly. Strain into 8 wineglasses. Refrigerate until set, at least 5 hours. (Can be made 2 days ahead. Cover and keep refrigerated.)
- ☐ Combine
- ☐ Sauternes, figs and 1 tablespoon sugar in heavy medium saucepan over medium-high heat. Boil until mixture is reduced to 3/4 cup, stirring occasionally, about 15 minutes.
- ☐ Remove from heat. Cool completely. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Spoon some figs and cooking liquid atop each panna cotta and serve.
- ☐ *A California dessert wine made with Orange Muscat grapes; available at liquor stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:13.09, Inflammation Score:-7, Nutrition Score:6.3486957083578%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 409.08kcal (20.45%), Fat: 33.37g (51.33%), Saturated Fat: 21.13g (132.03%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 24.57g (8.94%), Sugar: 24.69g (27.44%), Cholesterol: 104.51mg (34.84%), Sodium: 74.62mg (3.24%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 4.68g (9.37%), Vitamin A: 1432.39IU (28.65%), Vitamin B2: 0.24mg (14.18%), Vitamin D: 1.76µg (11.76%), Calcium: 114.97mg (11.5%), Phosphorus: 90.23mg (9.02%), Potassium: 251.09mg (7.17%), Vitamin E: 0.89mg (5.94%), Fiber: 1.47g (5.86%), Selenium: 3.8µg (5.43%), Vitamin B6: 0.11mg (5.42%), Vitamin B12: 0.31µg (5.13%), Vitamin K: 5.3µg (5.05%), Vitamin B5: 0.5mg (4.98%), Magnesium: 18.77mg (4.69%), Vitamin B1: 0.07mg (4.34%), Manganese: 0.07mg (3.7%), Copper: 0.07mg (3.37%), Zinc: 0.43mg (2.89%), Vitamin C: 1.57mg (1.91%), Iron: 0.32mg (1.78%), Folate: 6.99µg (1.75%), Vitamin B3: 0.3mg (1.5%)