



Jasmine-Buttermilk-Panna Cotta with Berry Sauce

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk whole
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 2 cups heavy cream
- ☐ 3 inch orange peel strip white
- ☐ 0.5 cup sugar
- ☐ 0.1 teaspoon salt
- ☐ 3 regular-size jasmine tea bags

- ☐ 1 vanilla pod
- ☐ 1 tablespoon water cold
- ☐ 8 servings berry sauce

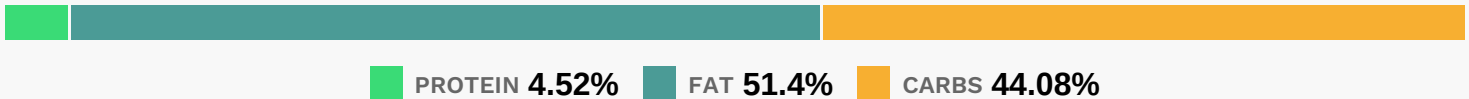
Equipment

- ☐ sauce pan
- ☐ measuring cup

Directions

- ☐ Sprinkle gelatin over cold water; let stand 10 minutes.
- ☐ Meanwhile, combine cream and next 3 ingredients in a medium saucepan over medium heat. Split vanilla bean; scrape seeds into cream mixture, and place bean in mixture.
- ☐ Cook over medium heat, stirring constantly, 5 minutes or just until mixture begins to boil.
- ☐ Remove from heat; immediately stir in gelatin mixture until smooth.
- ☐ Let stand 5 minutes.
- ☐ Discard tea bags and vanilla bean. Stir in buttermilk and salt. Strain into a heatproof glass measuring cup. Divide among 8 (6-oz.) glasses. Cover and chill 24 hours.
- ☐ Serve with Berry Sauce.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:9.63, Inflammation Score:-5, Nutrition Score:5.4595652144888%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 402.99kcal (20.15%), Fat: 23.71g (36.47%), Saturated Fat: 14.83g (92.69%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 44.87g (16.32%), Sugar: 39.4g (43.78%), Cholesterol: 73.83mg (24.61%), Sodium: 120.13mg (5.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin A: 1007.05IU (20.14%), Vitamin B2: 0.23mg (13.77%), Vitamin D: 1.73µg (11.55%), Calcium: 112.38mg (11.24%), Phosphorus: 88.71mg (8.87%), Vitamin E: 1.24mg (8.29%), Selenium: 4.57µg (6.52%), Vitamin B12: 0.37µg (6.19%), Potassium: 159.48mg (4.56%), Vitamin B5: 0.38mg (3.85%), Fiber: 0.87g (3.48%), Vitamin B1: 0.05mg (3.46%), Magnesium: 11.9mg (2.98%), Vitamin K: 3.06µg (2.92%), Vitamin C: 2.35mg (2.85%), Vitamin B6: 0.05mg (2.7%), Zinc: 0.4mg (2.64%), Copper: 0.05mg (2.63%), Manganese: 0.05mg (2.31%), Iron: 0.38mg (2.13%), Folate: 6.52µg (1.63%)