



Lemon-Buttermilk Panna Cotta with Blueberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 2 cups blueberries
- ☐ 1.5 tablespoons gelatin powder unflavored
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 3 cups buttermilk low-fat
- ☐ 0.3 cup sugar

- ☐ 0.5 cup sugar
- ☐ 1 cup milk whole

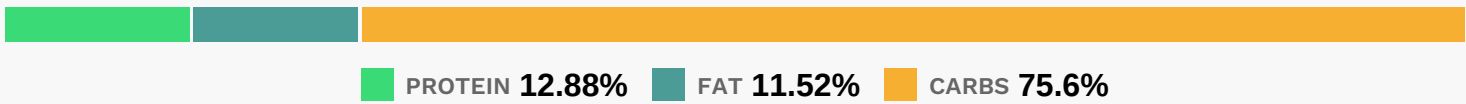
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare panna cotta, coat 8 (6-ounce) custard cups with cooking spray.
- ☐ Sprinkle gelatin over whole milk in a small saucepan; let stand 10 minutes. Cook milk mixture over medium-low heat 10 minutes or until gelatin dissolves, stirring constantly with a whisk. Increase heat to medium; add 1/2 cup plus 2 tablespoons sugar, stirring with a whisk until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add buttermilk and rind, stirring well. Divide mixture evenly among prepared custard cups. Cover and chill at least 5 hours or up to overnight.
- ☐ To prepare sauce, combine the apple juice, 1/4 cup sugar, and lemon juice in a small saucepan. Bring to a boil over medium-high heat; stir until sugar dissolves. Reduce heat to medium; stir in blueberries. Cook 8 minutes or until blueberries are warm and begin to pop. Cool sauce to room temperature.
- ☐ Place a dessert plate, upside down, on top of each custard cup; invert panna cotta onto plates.
- ☐ Serve with sauce.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:32.37, Glycemic Load:16.12, Inflammation Score:-3, Nutrition Score:4.96086957662%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 159.63kcal (7.98%), Fat: 2.15g (3.3%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 30.75g (11.18%), Sugar: 29.72g (33.03%), Cholesterol: 7.26mg (2.42%), Sodium: 148.57mg (6.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.81%), Calcium: 146.73mg (14.67%), Vitamin B2: 0.21mg (12.09%), Phosphorus: 117.12mg (11.71%), Manganese: 0.14mg (7.06%), Vitamin K: 7.32µg (6.97%), Vitamin C: 5.68mg (6.88%), Potassium: 228.71mg (6.53%), Vitamin B12: 0.36µg (6.04%), Selenium: 3.07µg (4.38%), Vitamin B1: 0.07mg (4.37%), Magnesium: 16.99mg (4.25%), Vitamin B5: 0.42mg (4.2%), Fiber: 0.95g (3.8%), Zinc: 0.57mg (3.8%), Vitamin B6: 0.07mg (3.63%), Copper: 0.06mg (3.17%), Vitamin D: 0.34µg (2.24%), Vitamin A: 112.08IU (2.24%), Folate: 7.52µg (1.88%), Vitamin E: 0.28mg (1.84%), Vitamin B3: 0.25mg (1.27%), Iron: 0.19mg (1.08%)