



Lemon Panna Cotta with Berry Compote

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 10 oz poached berries mixed frozen thawed
- ☐ 0.3 oz gelatin powder unflavored
- ☐ 2 cups half-and-half
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lemon fresh (from 2 large lemons)
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.5 cup sugar

- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup percent yogurt greek-style

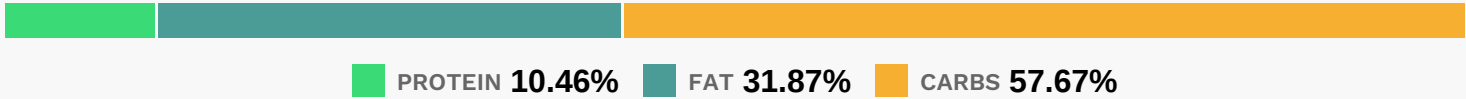
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Pour lemon juice into a bowl.
- ☐ Sprinkle gelatin over and let stand until gelatin softens, 5 to 10 minutes.
- ☐ In a saucepan, whisk sugar with lemon zest.
- ☐ Pour in half-and-half and yogurt, place over medium heat and cook, whisking, until mixture is just simmering and sugar has dissolved, about 2 minutes (do not allow to boil).
- ☐ Add gelatin mixture and vanilla and whisk until gelatin has dissolved.
- ☐ Transfer to a large measuring cup with a pouring spout and divide mixture among 6 wineglasses, ramekins or custard cups. Refrigerate until firm, at least 4 hours or overnight.
- ☐ Make compote: Stir together berries, sugar, honey and lemon juice in a saucepan. Cook over medium heat, stirring often, until sugar dissolves and berries release their juice, about 3 minutes. Lower heat slightly and continue cooking, stirring often, until compote thickens slightly, about 5 minutes longer.
- ☐ Transfer to a bowl and cool, then cover and refrigerate. Spoon over panna cotta just before serving.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:18.83, Inflammation Score:-3, Nutrition Score:5.6760870062787%

Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Petunidin: 8.58mg, Petunidin: 8.58mg, Petunidin: 8.58mg, Petunidin: 8.58mg Delphinidin: 10.2mg, Delphinidin: 10.2mg, Delphinidin: 10.2mg, Delphinidin: 10.2mg Malvidin: 23.46mg, Malvidin: 23.46mg, Malvidin: 23.46mg, Malvidin: 23.46mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 9.81g (15.09%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.5g (14%), Sugar: 37.29g (41.43%), Cholesterol: 29.9mg (9.97%), Sodium: 64.8mg (2.82%), Alcohol: 0.46g (100%), Alcohol %: 0.28% (100%), Protein: 7.25g (14.49%), Vitamin B2: 0.28mg (16.54%), Calcium: 130.59mg (13.06%), Phosphorus: 129.05mg (12.91%), Vitamin C: 7.81mg (9.47%), Selenium: 6.61µg (9.44%), Vitamin K: 8.8µg (8.38%), Vitamin B12: 0.39µg (6.44%), Vitamin A: 309.84IU (6.2%), Fiber: 1.43g (5.72%), Potassium: 199.04mg (5.69%), Vitamin B6: 0.1mg (4.94%), Vitamin B5: 0.43mg (4.28%), Manganese: 0.09mg (4.27%), Magnesium: 15.52mg (3.88%), Zinc: 0.55mg (3.69%), Vitamin B1: 0.05mg (3.37%), Copper: 0.06mg (3.1%), Vitamin E: 0.45mg (3.01%), Folate: 11.05µg (2.76%), Vitamin B3: 0.43mg (2.17%), Iron: 0.22mg (1.23%)