



Lemon Panna Cotta with Blackberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 12 blackberries frozen thawed drained
- ☐ 1 cup crème fraîche
- ☐ 3 tablespoons creme de cassis (black-currant-flavored liqueur; optional)
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.5 cup sugar

- ☐ 0.5 vanilla pod
- ☐ 6 servings vegetable oil
- ☐ 1 cup whipping cream
- ☐ 1 cup milk whole

Equipment

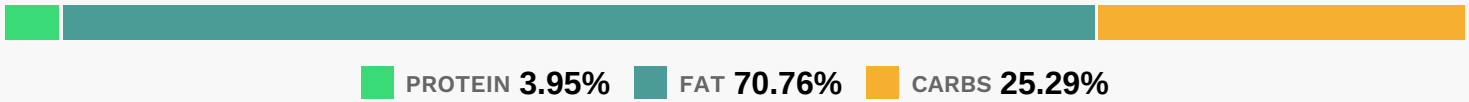
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin

Directions

- ☐ Lightly oil six 3/4-cup ramekins or custard cups.
- ☐ Mix milk and cream in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Remove from heat. Cover; let steep 30 minutes.
- ☐ Remove vanilla bean.
- ☐ Pour lemon juice into small bowl; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes. Stir sugar and gelatin mixture into milk mixture. Stir over low heat just until sugar and gelatin dissolve, about 2 minutes.
- ☐ Remove from heat.
- ☐ Whisk in crème fraîche and lemon peel. Divide among ramekins. Cover; chill until set, at least 6 hours or overnight.
- ☐ Puree 2/3 of blackberries and all reserved juices, brown sugar, and crème de cassis, if desired, in blender. Strain mixture into medium bowl, pressing on solids to extract as much liquid as possible. Discard solids in strainer. Stir remaining blackberries into sauce. (Can be made 1 day ahead. Cover and chill.)

- ☐ Run small knife around each panna cotta.
- ☐ Place bottoms of ramekins, 1 at a time, in bowl of hot water 45 seconds.
- ☐ Place plate atop ramekin. Hold plate and ramekin together; invert, shaking gently, to turn out panna cotta.
- ☐ Serve with sauce.
- ☐ *Available at some supermarkets. If unavailable, heat 1 cup whipping cream to lukewarm (85°F).
- ☐ Remove from heat; mix in 2 tablespoons buttermilk. Cover; let stand in warm draft-free area until slightly thickened, 24 to 48 hours, depending on temperature of room. Chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:22.18, Glycemic Load:12.4, Inflammation Score:-5, Nutrition Score:6.673478183539%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 460.52kcal (23.03%), Fat: 37.23g (57.28%), Saturated Fat: 15.89g (99.34%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 29.48g (10.72%), Sugar: 28.45g (31.61%), Cholesterol: 72.32mg (24.11%), Sodium: 43.68mg (1.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin K: 28.5µg (27.15%), Vitamin A: 898.11IU (17.96%), Calcium: 125.76mg (12.58%), Vitamin B2: 0.21mg (12.11%), Vitamin E: 1.75mg (11.64%), Vitamin C: 8.84mg (10.72%), Phosphorus: 96.09mg (9.61%), Vitamin D: 1.08µg (7.21%), Vitamin B12: 0.36µg (6.06%), Selenium: 4.12µg (5.89%), Potassium: 177.76mg (5.08%), Vitamin B5: 0.43mg (4.25%), Magnesium: 14.25mg (3.56%), Vitamin B6: 0.07mg (3.37%), Vitamin B1: 0.04mg (2.91%), Zinc: 0.43mg (2.88%), Copper: 0.06mg (2.78%), Folate: 8.11µg (2.03%), Manganese: 0.04mg (2.02%), Fiber: 0.46g (1.85%), Iron: 0.19mg (1.05%)