



Lemon Panna Cotta With Raspberry Coulis

 Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



714 kcal

DESSERT

Ingredients

- 1 tablespoon gelatin powder unflavored
- 4 cups heavy cream
- 0.5 juice of lemon juiced
- 2 tablespoons lemon zest grated
- 1 pint raspberries fresh for garnish
- 1 cup sugar

Equipment

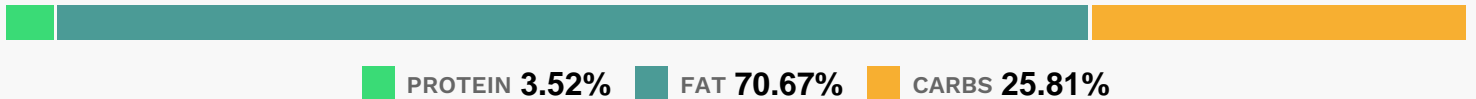
- food processor

- bowl
- sauce pan
- sieve
- ramekin
- spatula

Directions

- In a saucepan gently heat the cream.
- Add the sugar and gelatin. Once dissolved add the grated lemon and lemon juice. Bring the cream to a simmer infusing the flavors for about 10 minutes. Once it thickens pour mixture into 6 ramekins.
- Place ramekins onto a tray and then put in the refrigerator to chill and set about 6 hours or overnight.
- Serve with raspberry coulis and top with a fresh raspberry.
- For raspberry coulis
- In a food processor puree raspberries. Over a bowl strain puree into a sieve using a rubber spatula discard seeds.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:24.38, Inflammation Score:-8, Nutrition Score:12.136521526005%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 714.21kcal (35.71%), Fat: 57.91g (89.09%), Saturated Fat: 36.51g (228.19%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 42.24g (15.36%), Sugar: 41.53g (46.15%), Cholesterol: 179.29mg (59.76%), Sodium: 46.39mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Vitamin A: 2359.57IU (47.19%), Vitamin C: 25.16mg (30.5%), Manganese: 0.53mg (26.64%), Fiber: 5.35g (21.38%), Vitamin B2: 0.34mg (19.96%), Vitamin D: 2.54µg (16.92%), Vitamin E: 2.15mg (14.36%), Calcium: 128.24mg (12.82%), Phosphorus: 115.79mg (11.58%), Vitamin K: 11.23µg (10.69%), Selenium: 5.6µg (7.99%), Potassium: 276.44mg (7.9%), Magnesium: 29.16mg (7.29%), Vitamin B5: 0.68mg (6.75%), Folate: 24.02µg (6%), Copper: 0.12mg (5.91%), Vitamin B6: 0.1mg (5.18%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.25µg (4.23%), Iron: 0.75mg (4.17%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.58mg (2.92%)