



# Lemon Panna Cotta With Raspberry-Orange Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



375 kcal

DESSERT

## Ingredients

- 0.3 ounce gelatin powder unflavored
- 3 cups cup heavy whipping cream
- 1.5 teaspoons lemon zest finely grated
- 4 tablespoons grand marnier orange-flavored divided (such as Grand Marnier)
- 6 ounce raspberries fresh
- 6 tablespoons sugar




## Equipment




- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- knife
- whisk
- sieve
- plastic wrap
- ramekin

## Directions

- Bring cream, 1/2 cup sugar and lemon zest to a simmer in a large saucepan over medium-low heat. Meanwhile, in a small bowl, soften gelatin in 2 generous Tbs. cold water.
- Whisk softened gelatin and 2 Tbs. orange liqueur into cream mixture.
- Pour cream mixture into 8 4-ounce ramekins or custard cups that have been lightly coated with vegetable cooking spray (blot excess oil with a paper towel). Set custard cups in a shallow pan, cover with plastic wrap and refrigerate until set, at least 4 hours, preferably overnight.
- Partially thaw raspberries on countertop.
- Place in a food processor fitted with the metal blade and add remaining 6 Tbs. sugar and 2 Tbs. orange liqueur.
- Transfer sauce to a medium bowl (if you want a seedless sauce, strain first through a fine-mesh sieve). Stir in fresh raspberries, and let stand about 1 hour.
- When ready to serve, run a thin-bladed knife around each dessert to loosen; turn onto a dessert plate to unmold. Spoon raspberry sauce around panna cotta and serve.

## Nutrition Facts

 PROTEIN 3.83%  FAT 78.42%  CARBS 17.75%

## Properties

Glycemic Index:12.01, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:5.2239130528077%

## Flavonoids

Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 375.4kcal (18.77%), Fat: 32.41g (49.86%), Saturated Fat: 20.54g (128.38%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.08g (5.48%), Sugar: 14.96g (16.62%), Cholesterol: 100.85mg (33.62%), Sodium: 26.76mg (1.16%), Alcohol: 1.95g (100%), Alcohol %: 1.93% (100%), Protein: 3.56g (7.12%), Vitamin A: 1319.18IU (26.38%), Vitamin B2: 0.18mg (10.64%), Vitamin D: 1.43µg (9.52%), Vitamin C: 6.59mg (7.99%), Manganese: 0.15mg (7.3%), Vitamin E: 1.01mg (6.71%), Calcium: 65.38mg (6.54%), Phosphorus: 58.77mg (5.88%), Fiber: 1.42g (5.69%), Selenium: 3.15µg (4.5%), Vitamin K: 4.51µg (4.3%), Potassium: 120.07mg (3.43%), Vitamin B5: 0.3mg (3%), Magnesium: 11.4mg (2.85%), Copper: 0.05mg (2.6%), Vitamin B12: 0.14µg (2.38%), Vitamin B6: 0.04mg (2.18%), Folate: 8.35µg (2.09%), Zinc: 0.31mg (2.06%), Vitamin B1: 0.03mg (1.69%), Iron: 0.26mg (1.43%)