



## Luscious Orange Panna Cotta

 Gluten Free

READY IN



505 min.

SERVINGS



6

CALORIES



461 kcal

DESSERT

### Ingredients

- 0.3 oz gelatin powder unflavored
- 0.3 cup granulated sugar
- 1.8 cups heavy cream
- 1 cup milk cold divided
- 3 navel oranges divided
- 1 cup buttery orange curd
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract

6 servings garnishes: whipped cream fresh sweetened

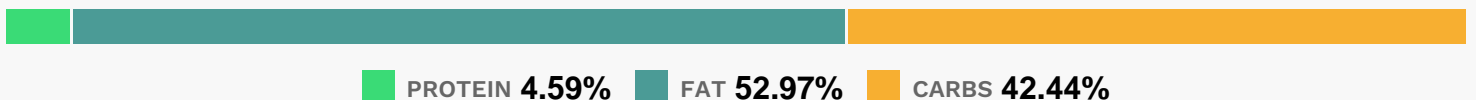
## Equipment

- bowl
- sauce pan
- peeler

## Directions

- Sprinkle gelatin over 1/4 cup milk in a small bowl; stir until moistened.
- Let stand 5 minutes. (
- Mixture will be lumpy.)
- Meanwhile, carefully remove 3 (2- x 1-inch) strips of rind from 1 navel orange using a vegetable peeler. Reserve orange for another use.
- Cook heavy cream, granulated sugar, and orange rind strips in a saucepan over medium-low heat, stirring occasionally, 4 minutes or until sugar is dissolved.
- Remove from heat, and add gelatin mixture, stirring until mixture is dissolved. Stir in vanilla and remaining 3/4 cup milk. Discard orange rind strips.
- Pour mixture into 6 (4-oz.) dessert glasses or wineglasses. Cover and chill 8 hours.
- Peel and section remaining 2 navel oranges.
- Roll orange sections in turbinado sugar. Top panna cotta with Buttery Orange Curd and sugared oranges.
- Garnish, if desired. Store leftover panna cotta in refrigerator up to 3 days.
- Note: We tested with HAIN Pure Foods Natural Turbinado Sugar.

## Nutrition Facts



## Properties

Glycemic Index:34.27, Glycemic Load:8.15, Inflammation Score:-8, Nutrition Score:10.096521761106%

## Flavonoids

Hesperetin: 23.48mg, Hesperetin: 23.48mg, Hesperetin: 23.48mg, Hesperetin: 23.48mg Naringenin: 9.57mg, Naringenin: 9.57mg, Naringenin: 9.57mg, Naringenin: 9.57mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## **Nutrients (% of daily need)**

Calories: 460.99kcal (23.05%), Fat: 27.86g (42.87%), Saturated Fat: 17.57g (109.81%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 47.97g (17.44%), Sugar: 46.37g (51.53%), Cholesterol: 87.88mg (29.29%), Sodium: 38.55mg (1.68%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 5.43g (10.86%), Vitamin C: 57.75mg (70%), Vitamin A: 1367.8IU (27.36%), Calcium: 147.76mg (14.78%), Vitamin B2: 0.24mg (14.28%), Phosphorus: 107.71mg (10.77%), Vitamin D: 1.58µg (10.55%), Fiber: 2.26g (9.04%), Folate: 36.11µg (9.03%), Potassium: 314.36mg (8.98%), Vitamin B1: 0.11mg (7.53%), Vitamin B6: 0.13mg (6.25%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.35µg (5.8%), Vitamin E: 0.86mg (5.71%), Magnesium: 21.9mg (5.47%), Selenium: 3.61µg (5.15%), Copper: 0.08mg (3.9%), Zinc: 0.44mg (2.95%), Vitamin B3: 0.48mg (2.38%), Vitamin K: 2.46µg (2.34%), Manganese: 0.04mg (2.2%), Iron: 0.3mg (1.69%)