



Meyer Lemon Panna Cotta

 Gluten Free

READY IN



275 min.

SERVINGS



4

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons gelatin powder unflavored
- ☐ 0.5 cup half-and-half
- ☐ 1 regular lemon
- ☐ 1.5 cups buttermilk reduced-fat
- ☐ 11 tablespoons milk 2% divided reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

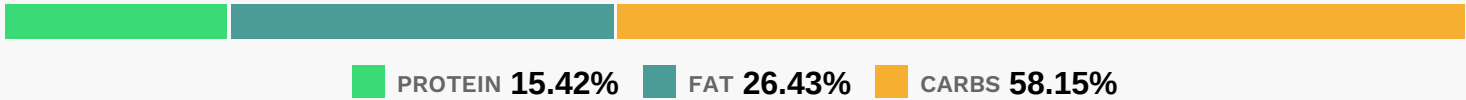
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ peeler

Directions

- ☐ Remove rind from lemon using a vegetable peeler, avoiding white pith. Squeeze 3 tablespoons juice from lemon.
- ☐ Combine rind, 1/2 cup milk, half-and-half, sugar, and salt in a small saucepan; bring to a simmer over medium heat (do not boil).
- ☐ Remove pan from heat; cover and let stand 20 minutes. Discard rind.
- ☐ Sprinkle gelatin over remaining 3 tablespoons milk in a small bowl, and let stand at least 10 minutes. Return half-and-half mixture to medium heat; cook for 1 minute or until very hot.
- ☐ Add the gelatin mixture, stirring with a whisk until dissolved (about 1 minute). Stir in buttermilk and 3 tablespoons juice. Divide mixture among 4 (6-ounce) ramekins or custard cups coated with cooking spray. Cover and refrigerate for 4 hours.
- ☐ Run a knife around outside edges of panna cotta.
- ☐ Place a plate upside down on top of each cup; invert onto plate.
- ☐ Garnish with mint and rind, if desired.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:12.08, Inflammation Score:-3, Nutrition Score:5.8347826988801%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 174.11kcal (8.71%), Fat: 5.39g (8.3%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25.95g (9.44%), Sugar: 24.96g (27.73%), Cholesterol: 17.49mg (5.83%), Sodium: 320.52mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Calcium: 194.51mg (19.45%), Vitamin C: 15.56mg (18.87%), Vitamin B2: 0.29mg (16.83%), Phosphorus: 151.79mg (15.18%), Vitamin B12: 0.47µg (7.9%), Potassium: 271.48mg (7.76%), Selenium: 4.7µg (6.71%), Vitamin B5: 0.54mg (5.35%), Magnesium: 20.01mg (5%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.07mg (4.47%), Vitamin B6: 0.08mg (4.16%), Vitamin A: 197.4IU (3.95%), Copper: 0.06mg (3.21%), Fiber: 0.76g (3.02%), Folate: 10.97µg (2.74%), Iron: 0.26mg (1.44%), Vitamin E: 0.17mg (1.16%)