



WHATSheATE



Milk Chocolate Panna Cotta with Raspberries and Saba

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 0.3 ounce gelatin powder
- ☐ 0.3 cup granulated sugar divided
- ☐ 1.8 cups cup heavy whipping cream
- ☐ 1.3 cups chocolate finely chopped
- ☐ 0.5 pint raspberries
- ☐ 0.3 teaspoon sea salt fine
- ☐ 1 cup milk whole

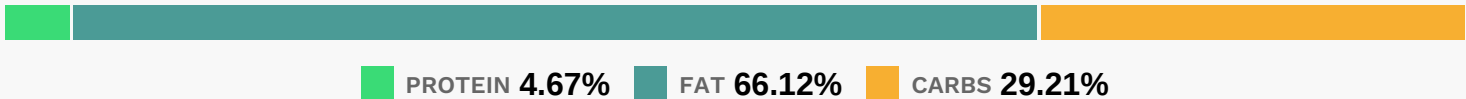
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ ramekin

Directions

- ☐ Place eight small glasses, ramekins or bowls on a baking sheet. Set aside.
- ☐ Fill a large bowl with ice water; set aside.
- ☐ Whisk about half the sugar and powdered gelatin together in a small bowl; set aside.
- ☐ Place chocolate chips into a medium mixing bowl; set aside.
- ☐ In a small saucepot, bring cream, milk, salt, and remaining sugar to a simmer.
- ☐ Remove from heat. Slowly sprinkle the sugar and gelatin mix into the saucepot, while whisking constantly. Once the sugar and gelatin are dissolved, pour the liquid through a fine-mesh strainer over the chocolate chips; whisk smooth.
- ☐ Set bowl of chocolate panna cotta over bowl of ice water and stir until cooled to room temperature. Divide the panna cotta evenly amongst dishes and refrigerate about 6 hours, or until completely set.
- ☐ To serve, top each panna cotta with raspberries and drizzle with about one teaspoon of saba.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:11.71, Inflammation Score:-6, Nutrition Score:7.3982608525649%

Flavonoids

Cyanidin: 13.54mg, Cyanidin: 13.54mg, Cyanidin: 13.54mg, Cyanidin: 13.54mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 376.35kcal (18.82%), Fat: 29.34g (45.13%), Saturated Fat: 18.04g (112.74%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 25.74g (9.36%), Sugar: 24.61g (27.34%), Cholesterol: 62.49mg (20.83%), Sodium: 104.79mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.05mg (6.02%), Protein: 4.66g (9.32%), Manganese: 0.34mg (16.82%), Vitamin A: 824.49IU (16.49%), Fiber: 3.43g (13.7%), Vitamin B2: 0.22mg (12.94%), Magnesium: 44.91mg (11.23%), Phosphorus: 110.12mg (11.01%), Copper: 0.21mg (10.46%), Vitamin C: 8.06mg (9.77%), Calcium: 86.43mg (8.64%), Vitamin D: 1.17µg (7.79%), Potassium: 219.44mg (6.27%), Iron: 1.02mg (5.69%), Vitamin K: 5.79µg (5.51%), Vitamin E: 0.82mg (5.48%), Zinc: 0.79mg (5.24%), Selenium: 3.35µg (4.79%), Vitamin B12: 0.25µg (4.13%), Vitamin B5: 0.36mg (3.64%), Vitamin B6: 0.06mg (3.25%), Vitamin B1: 0.04mg (2.84%), Folate: 9.38µg (2.34%), Vitamin B3: 0.43mg (2.13%)