



Panna Cotta

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

DESSERT

Ingredients

- 1.5 teaspoons vanilla extract
- 1 tablespoon gelatin powder unflavored
- 0.3 cup sugar
- 2 cups cup heavy whipping cream
- 2 tablespoons water cold
- 1 cup half and half

Equipment

- bowl

- frying pan
- sauce pan
- knife
- ramekin

Directions

- In a very small saucepan sprinkle gelatin over water and let stand about 1 minute to soften.
- Heat gelatin mixture over low heat until gelatin is dissolved and remove pan from heat.
- In a large saucepan bring cream, half and half, and sugar just to a boil over moderately high heat, stirring.
- Remove pan from heat and stir in gelatin mixture and vanilla. Divide cream mixture among eight 1/2-cup ramekins and cool to room temperature. Chill ramekins, covered, at least 4 hours or overnight.
- Dip ramekins, 1 at a time, into a bowl of hot water 3 seconds. Run a thin knife around edge of each ramekin and invert ramekin onto center of a small plate.

Nutrition Facts

PROTEIN 4.77% **FAT 79.19%** **CARBS 16.04%**

Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-5, Nutrition Score:3.457826041657%

Nutrients (% of daily need)

Calories: 279.1kcal (13.96%), Fat: 24.99g (38.44%), Saturated Fat: 15.81g (98.83%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.39g (4.14%), Sugar: 11.4g (12.66%), Cholesterol: 77.82mg (25.94%), Sodium: 36.57mg (1.59%), Alcohol: 0.26g (100%), Alcohol %: 0.32% (100%), Protein: 3.39g (6.77%), Vitamin A: 981.73IU (19.63%), Vitamin B2: 0.17mg (10.29%), Calcium: 72.4mg (7.24%), Phosphorus: 63.63mg (6.36%), Vitamin D: 0.95µg (6.35%), Selenium: 3.15µg (4.5%), Vitamin E: 0.62mg (4.15%), Potassium: 97.87mg (2.8%), Vitamin B12: 0.15µg (2.54%), Vitamin B5: 0.24mg (2.41%), Vitamin K: 2.3µg (2.19%), Magnesium: 7.51mg (1.88%), Vitamin B6: 0.04mg (1.81%), Zinc: 0.26mg (1.76%), Copper: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.42%)