



Panna Cotta al Mascarpone con Fragole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 2 teaspoons gelatin powder unflavored
- 2.5 cups heavy whipping cream divided
- 0.8 cup juice of lime fresh divided
- 1 tablespoon lime zest
- 8 ounce carton mascarpone cheese
- 4 cups strawberries fresh sliced
- 1.5 cups sugar divided

Equipment

- sauce pan
- whisk

Directions

- Sprinkle gelatin over 1/2 cup lime juice in a small saucepan; let stand 1 minute.
- Add lime zest and 1/2 cup whipping cream. Cook over low heat, stirring until gelatin dissolves (about 2 minutes). Cool slightly.
- Whisk together mascarpone cheese and 1 cup sugar. Slowly whisk in remaining 2 cups whipping cream. Gradually whisk in gelatin mixture.
- Pour into 8 dessert glasses; cover and chill 8 hours or overnight.
- Combine remaining 1/2 cup sugar, remaining 1/4 cup lime juice, and butter in a small saucepan. Cook over low heat until sugar dissolves. Bring to a boil, reduce heat, and simmer 3 minutes. Cool completely.
- Pour mixture over strawberries, tossing to coat. Spoon strawberry mixture over chilled panna cotta.

Nutrition Facts

 **PROTEIN 3.72%**  **FAT 64.45%**  **CARBS 31.83%**

Properties

Glycemic Index:24.01, Glycemic Load:27.83, Inflammation Score:-8, Nutrition Score:8.712608617285%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 582.2kcal (29.11%), Fat: 42.8g (65.85%), Saturated Fat: 26.86g (167.85%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 46g (16.73%), Sugar: 43.52g (48.35%), Cholesterol: 119.92mg (39.97%), Sodium: 61.7mg (2.68%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.57g (11.13%), Vitamin C: 49.81mg (60.37%), Vitamin A: 1598.03IU (31.96%), Manganese: 0.29mg (14.27%), Calcium: 105.49mg (10.55%), Vitamin B2: 0.17mg (9.99%), Vitamin D: 1.19µg (7.93%), Vitamin E: 1.03mg (6.84%), Phosphorus: 64.96mg (6.5%), Fiber: 1.55g (6.21%), Potassium: 209.88mg (6%), Folate: 22.99µg (5.75%), Selenium: 3.2µg (4.57%), Magnesium: 16.72mg (4.18%), Vitamin K: 4.35µg (4.14%), Copper: 0.07mg (3.68%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.31mg (3.14%), Vitamin B1: 0.04mg (2.57%), Iron: 0.43mg (2.36%), Vitamin B12: 0.13µg (2.08%), Zinc: 0.31mg (2.04%), Vitamin B3: 0.36mg (1.81%)