



Panna Cotta Brain with Cranberry Glaze

READY IN



20 min.

SERVINGS



8

CALORIES



502 kcal

DESSERT

Ingredients

- ☐ 2 ounces bourbon
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 36 ounce evaporated milk canned
- ☐ 5 packages powdered gelatin unflavored
- ☐ 1.5 cups heavy cream
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod split

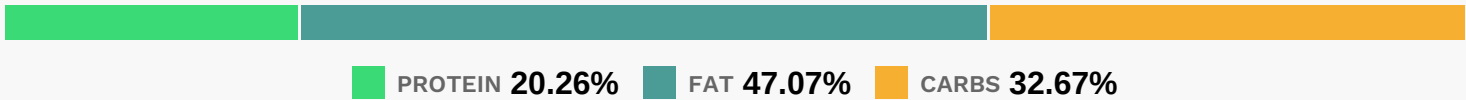
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine 1 can of evaporated milk with four packages gelatin and bloom for five minutes.
- ☐ In a heavy-bottomed saucepan, bring the remaining milk and heavy cream to a boil. Stir in the sugar, vanilla bean, salt, and bourbon (optional).
- ☐ Combine this mixture with the gelatin mixture and stir until all solids have dissolved.
- ☐ Remove the vanilla bean and pour the mixture into a six-cup brain mold. Refrigerate overnight to fully set.
- ☐ For the glaze, combine remaining gelatin with half a cup of cranberry juice. Bring remaining 1 1/2 cups of juice to a boil and stir into gelatin mixture to dissolve any solids.
- ☐ Pour into a squeeze bottle and leave at room temperature until panna cotta brain is set.
- ☐ Unmold the panna cotta and drizzle the glaze over it. The glaze will set up immediately.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:17.38, Inflammation Score:-6, Nutrition Score:11.160000034001%

Nutrients (% of daily need)

Calories: 501.7kcal (25.08%), Fat: 26.01g (40.01%), Saturated Fat: 16.14g (100.87%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 40.56g (14.75%), Sugar: 40.48g (44.97%), Cholesterol: 87.42mg (29.14%), Sodium: 473.78mg (20.6%), Alcohol: 2.37g (100%), Alcohol %: 1.07% (100%), Protein: 25.18g (50.36%), Calcium: 377.47mg (37.75%), Vitamin B2: 0.54mg (31.91%), Phosphorus: 300.19mg (30.02%), Copper: 0.44mg (22.07%), Vitamin A: 989.35IU (19.79%), Selenium: 11.36µg (16.23%), Potassium: 481.02mg (13.74%), Vitamin C: 8.57mg (10.39%), Magnesium: 41.39mg (10.35%), Vitamin B5: 0.95mg (9.5%), Vitamin E: 1.37mg (9.16%), Zinc: 1.18mg (7.88%), Vitamin B6: 0.11mg (5.68%), Vitamin D: 0.84µg (5.61%), Vitamin B1: 0.08mg (5.29%), Vitamin K: 5.42µg (5.16%), Vitamin B12: 0.28µg (4.59%), Folate: 17.87µg (4.47%), Iron: 0.65mg (3.63%), Vitamin B3: 0.35mg (1.75%), Manganese: 0.03mg

(1.46%)