



Panna Cotta Shots

 Gluten Free

READY IN



215 min.

SERVINGS



3

CALORIES



656 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 0.5 cup syrup flavored (one flavor different ones; see notes)
- ☐ 6 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups whipping cream

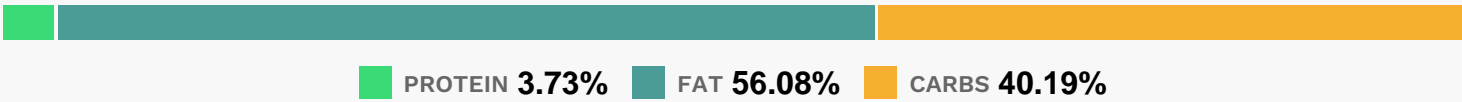
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 1- to 1 1/2-quart pan, mix 6 tablespoons sugar and 1 teaspoon gelatin. Stir in whipping cream; let stand to soften gelatin, 1 to 2 minutes.
- ☐ Stir cream mixture over medium heat until sugar and gelatin are completely dissolved and mixture feels smooth, 3 to 4 minutes.
- ☐ Pour into a 2- to 4-cup glass measure and stir in vanilla.
- ☐ Let mixture stand until just warm, stirring occasionally, 10 to 15 minutes.
- ☐ Pour into 12 shot glasses (3- to 4-tablespoon size). Chill until firm, 1 1/2 to 2 hours.
- ☐ When panna cotta is firm, make toppings: In a 1- to 2-quart pan, mix remaining 1 teaspoon sugar and 1/2 teaspoon gelatin.
- ☐ Add 1/4 cup water; let stand 1 minute. Stir over high heat until mixture is simmering, 1 to 2 minutes. If making only one flavor, stir flavored syrup or liqueur into mixture; if making four, pour gelatin mixture equally into four small bowls and stir 2 tablespoons syrup or liqueur into mixture in each bowl.
- ☐ Let cool to room temperature, 2 to 5 minutes.
- ☐ Spoon about 1/4 inch of the cool topping over each firm panna cotta shot. Chill until firm, at least 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:16.75, Inflammation Score:-7, Nutrition Score:5.2982609388621%

Nutrients (% of daily need)

Calories: 656.44kcal (32.82%), Fat: 43.04g (66.21%), Saturated Fat: 27.37g (171.07%), Carbohydrates: 69.4g (23.13%), Net Carbohydrates: 69.4g (25.24%), Sugar: 61.42g (68.25%), Cholesterol: 134.47mg (44.82%), Sodium: 76.76mg (3.34%), Alcohol: 0.46g (100%), Alcohol %: 0.29% (100%), Protein: 6.45g (12.89%), Vitamin A: 1749.3IU (34.99%), Vitamin B2: 0.23mg (13.77%), Vitamin D: 1.9µg (12.69%), Calcium: 117.92mg (11.79%), Vitamin E: 1.09mg (7.3%), Phosphorus: 69.88mg (6.99%), Selenium: 4.5µg (6.43%), Vitamin K: 3.81µg (3.63%), Potassium: 115.82mg (3.31%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.31mg (3.06%), Copper: 0.06mg (2.95%), Magnesium: 8.93mg (2.23%), Vitamin B6: 0.04mg (2.11%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.02mg (1.63%), Folate: 5.36µg (1.34%)