



Panna Cotta with Balsamic Strawberries

 Gluten Free

READY IN



1470 min.

SERVINGS



4

CALORIES



476 kcal

DESSERT

Ingredients

- 2.5 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon gelatin powder unflavored
- 1.5 cups heavy cream divided
- 4 servings lemon zest freshly grated for serving
- 1 cup whole-milk yogurt plain
- 4 cups strawberries fresh sliced
- 0.3 cup sugar

- 1 tablespoon sugar
- 0.5 vanilla pod split
- 1 teaspoon vanilla extract pure
- 1.5 tablespoons water cold

Equipment

- bowl
- sauce pan
- knife
- whisk
- plastic wrap
- ramekin

Directions

- In a small bowl, sprinkle the gelatin on 1 1/2 tablespoons of cold water. Stir and set aside for 10 minutes to allow the gelatin to dissolve.
- Meanwhile, in a medium bowl, whisk together 3/4 cup of the cream, the yogurt, vanilla extract, and vanilla bean seeds.
- Heat the remaining 3/4 cup of cream and the 1/3 cup of sugar in a small saucepan and bring to a simmer over medium heat. Off the heat, add the softened gelatin to the hot cream and stir to dissolve.
- Pour the hot cream–gelatin mixture into the cold cream–yogurt mixture and stir to combine.
- Pour into 4 (6 to 8-ounce) ramekins or custard cups and refrigerate uncovered until cold. When the panna cottas are thoroughly chilled, cover with plastic wrap and refrigerate overnight.
- Combine the strawberries, balsamic vinegar, 1 tablespoon sugar, and pepper 30 minutes to 1 hour before serving. Set aside at room temperature.
- To serve, run a small knife around each dessert in the ramkein and dip the bottom of each ramekin quickly in a bowl of hot tap water. Invert each ramekin onto a dessert plate and surround the panna cotta with strawberries. Dust lightly with freshly grated lemon zest and serve.

Nutrition Facts

PROTEIN 6.5% FAT 60.72% CARBS 32.78%

Properties

Glycemic Index:65.55, Glycemic Load:17.87, Inflammation Score:-8, Nutrition Score:14.986956534178%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 476.45kcal (23.82%), Fat: 32.92g (50.65%), Saturated Fat: 20.62g (128.89%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 37.05g (13.47%), Sugar: 35.61g (39.57%), Cholesterol: 102.08mg (34.03%), Sodium: 77.56mg (3.37%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 7.93g (15.86%), Vitamin C: 86.02mg (104.26%), Manganese: 0.59mg (29.65%), Vitamin A: 1334.33IU (26.69%), Calcium: 208.38mg (20.84%), Vitamin B2: 0.35mg (20.6%), Phosphorus: 185.06mg (18.51%), Potassium: 476.51mg (13.61%), Fiber: 2.93g (11.73%), Folate: 45.83µg (11.46%), Magnesium: 38.44mg (9.61%), Vitamin D: 1.43µg (9.52%), Vitamin B12: 0.52µg (8.61%), Selenium: 5.98µg (8.54%), Vitamin E: 1.24mg (8.27%), Vitamin B5: 0.8mg (8.04%), Zinc: 1.02mg (6.83%), Vitamin B6: 0.13mg (6.62%), Vitamin K: 6.35µg (6.05%), Copper: 0.12mg (5.86%), Vitamin B1: 0.08mg (5.5%), Iron: 0.84mg (4.68%), Vitamin B3: 0.7mg (3.48%)