



## Panna Cotta with Fresh Berries

 Gluten Free

READY IN



372 min.

SERVINGS



6

CALORIES



524 kcal

DESSERT

### Ingredients

- 2 cups poached berries fresh assorted
- 1 tablespoon powdered gelatin unflavored
- 0.3 cup honey
- 1 pinch salt
- 1 tablespoon sugar
- 3 cups whipping cream
- 1 cup milk whole

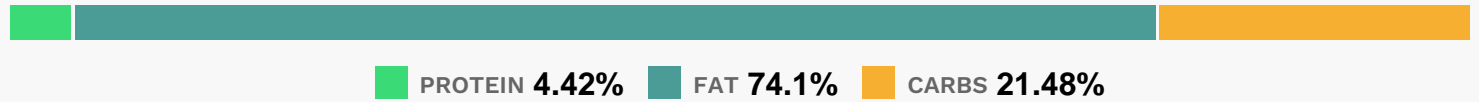
### Equipment

- bowl
- sauce pan

## Directions

- Watch how to make this recipe.
- Place the milk in a small bowl.
- Sprinkle the gelatin over.
- Let stand for 3 to 5 minutes to soften the gelatin.
- Pour milk mixture into a heavy saucepan and stir over medium heat just until the gelatin dissolves but the milk does not boil, about 5 minutes.
- Add the cream, honey, sugar, and salt. Stir until the sugar dissolves, 5 to 7 minutes.
- Remove from the heat.
- Pour into 6 wine glasses so that they are 1/2 full. Cool slightly. Refrigerate until set, at least 6 hours.
- Spoon the berries atop the panna cotta and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.73, Glycemic Load:10.21, Inflammation Score:-8, Nutrition Score:7.8817391395569%

## Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 524.21kcal (26.21%), Fat: 44.6g (68.61%), Saturated Fat: 28.15g (175.97%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 27.66g (10.06%), Sugar: 27.25g (30.28%), Cholesterol: 139.35mg (46.45%), Sodium: 57.62mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin A: 1838.95IU (36.78%), Vitamin B2: 0.31mg (18.19%), Vitamin D: 2.35µg (15.68%), Calcium: 134.49mg (13.45%), Vitamin K: 12.4µg (11.81%), Phosphorus: 116.99mg (11.7%), Vitamin E: 1.36mg (9.09%), Selenium: 5.02µg (7.17%), Vitamin B12: 0.41µg (6.83%), Potassium: 211.97mg (6.06%), Fiber: 1.43g (5.73%), Vitamin B5: 0.53mg (5.34%), Vitamin B6: 0.1mg (5.08%), Manganese: 0.1mg (4.76%), Vitamin B1: 0.06mg (4.23%), Magnesium: 16.43mg (4.11%), Zinc: 0.53mg (3.55%), Copper: 0.06mg (3.13%), Vitamin C: 2.1mg (2.55%), Folate: 9.1µg (2.28%), Vitamin B3: 0.41mg (2.06%), Iron: 0.31mg (1.7%)