



Panna Cotta with Honey

 Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



565 kcal

DESSERT

Ingredients

- 2 gelatin leaves cold for 4 minutes
- 0.5 cup granulated sugar
- 6 servings ground and hazelnuts toasted
- 3 cups heavy cream
- 0.5 cup honey
- 1 vanilla pod

Equipment

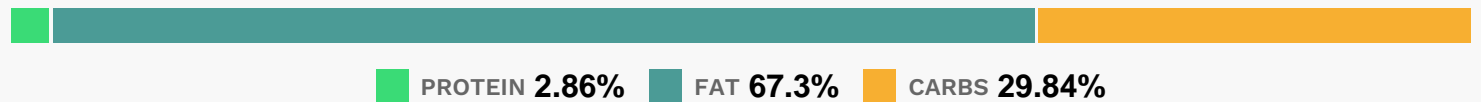
- frying pan

- sauce pan
- ladle
- knife
- pot

Directions

- Place the cream, vanilla bean, and sugar in a saucepan and bring to a simmer.
- Remove from the heat.
- Remove the vanilla bean and split lengthwise. Scrape the vanilla beans into the cream.
- Squeeze the gelatin leaves to remove any excess water, then add them to the pan, stirring constantly about 30 seconds, or until the gelatin is melted.
- Drizzle about 2 teaspoons honey into the bottom of 6 (4-ounce) molds. Ladle the cream mixture into each. Refrigerate for several hours, until thoroughly chilled.
- To remove from the mold: Dip the bottom of the mold into a pot of hot water to loosen the panna cotta. Slide a knife around the edge, then carefully turn over onto a serving plate.
- Drizzle with the remaining honey and garnish with hazelnuts, if desired.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:23.77, Inflammation Score:-7, Nutrition Score:5.2660870370658%

Nutrients (% of daily need)

Calories: 565.2kcal (28.26%), Fat: 43.74g (67.29%), Saturated Fat: 27.41g (171.29%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 43.48g (15.81%), Sugar: 43.34g (48.15%), Cholesterol: 134.47mg (44.82%), Sodium: 34.73mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin A: 1749.3IU (34.99%), Vitamin B2: 0.24mg (14.07%), Vitamin D: 1.9µg (12.69%), Calcium: 82.17mg (8.22%), Vitamin E: 1.09mg (7.3%), Phosphorus: 70.41mg (7.04%), Selenium: 4.16µg (5.94%), Potassium: 128.18mg (3.66%), Vitamin K: 3.81µg (3.63%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.19µg (3.17%), Vitamin B6: 0.05mg (2.42%), Zinc: 0.35mg (2.34%), Magnesium: 9.04mg (2.26%), Copper: 0.04mg (1.94%), Iron: 0.3mg (1.69%), Vitamin B1: 0.02mg (1.6%), Folate: 5.53µg (1.38%), Manganese: 0.03mg (1.26%), Vitamin C: 0.9mg (1.09%)