



## Panna Cotta with Raspberry and Orange Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

DESSERT

### Ingredients

- 4 cups half and half
- 0.5 cup mascarpone cheese
- 0.5 cup sugar
- 1.5 teaspoons vanilla
- 1 tablespoon gelatin powder unflavored
- 1 orange zest
- 2 cups raspberries fresh frozen thawed (or , )

- 2 teaspoons orange juice
- 1 tablespoons powdered sugar

## Equipment

- bowl
- sauce pan
- knife
- ramekin

## Directions

- Spray 6 ramekins or juice glasses with the nonstick cooking spray.
- Add the half and half to a saucepan over low-medium heat (dont let the mixture get too hot or come to a boil).
- When warm, sprinkle the gelatin over the mixture, and stir it to dissolve it.
- Add the mascarpone and stir until melted.
- Add the sugar, orange zest and vanilla, and stir until the sugar is dissolved.
- Remove from the heat and let it stand for about 5 minutes.
- Pour the mixture evenly into the ramekins or glasses.
- Cover and refrigerate for at least four hours, but ideally overnight.
- Meanwhile, put the raspberries in a bowl and press them softly with a fork to produce some juice.
- Add the orange juice and confectioners sugar and mix together. Keep the berry mixture refrigerated until youre ready to serve the panna cotta.
- When the panna cotta has set, move a knife around the edges of the ramekin or glasses to loosen it, and gently shake each onto individual plates.
- Drizzle the berry mixture over each serving.

## Nutrition Facts

 PROTEIN 7.87%  FAT 61.32%  CARBS 30.81%

## Properties

Glycemic Index:24.68, Glycemic Load:12.32, Inflammation Score:-6, Nutrition Score:8.2947826086957%

## Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 395.65kcal (19.78%), Fat: 27.31g (42.02%), Saturated Fat: 16.6g (103.76%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 28.06g (10.2%), Sugar: 26.69g (29.66%), Cholesterol: 75.22mg (25.07%), Sodium: 111.78mg (4.86%), Alcohol: 0.34g (1.91%), Protein: 7.89g (15.78%), Calcium: 213.29mg (21.33%), Vitamin B2: 0.34mg (19.87%), Vitamin C: 15.82mg (19.17%), Vitamin A: 859.89IU (17.2%), Phosphorus: 166.2mg (16.62%), Manganese: 0.27mg (13.71%), Fiber: 2.82g (11.27%), Selenium: 5.83µg (8.33%), Potassium: 284.29mg (8.12%), Magnesium: 26.01mg (6.5%), Vitamin B5: 0.61mg (6.14%), Zinc: 0.81mg (5.39%), Vitamin B6: 0.11mg (5.37%), Vitamin B12: 0.31µg (5.11%), Vitamin E: 0.76mg (5.05%), Vitamin K: 5.22µg (4.97%), Vitamin B1: 0.07mg (4.41%), Copper: 0.08mg (4.03%), Folate: 14.89µg (3.72%), Vitamin B3: 0.45mg (2.24%), Iron: 0.4mg (2.23%)