



Panna Cotta with Strawberry-Vin Santo Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



743 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cream sherry
- ☐ 4 teaspoons gelatin powder unflavored
- ☐ 1 tablespoon orange blossom honey
- ☐ 9 ounces pinenuts
- ☐ 10 servings additional pine nuts
- ☐ 10 servings strawberry-vin santo sauce
- ☐ 1 cup sugar
- ☐ 0.3 teaspoon vanilla extract

- ☐ 0.3 cup water cold
- ☐ 4 cups whipping cream

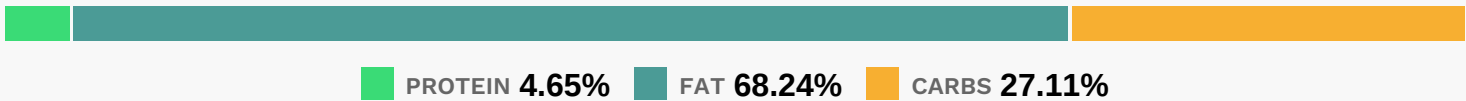
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Pour 1/4 cup water into metal bowl; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes. Set bowl in saucepan of simmering water. Stir just until gelatin dissolves, about 1 minute.
- ☐ Combine cream, sugar, honey and vanilla in heavy large saucepan. Bring to boil, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add gelatin mixture and Vin Santo; whisk until well blended.
- ☐ Divide 2 cups pine nuts among ten 3/4-cup custard cups. Divide cream mixture among cups. Chill overnight. Set cups in small bowl of warm water to loosen panna cotta, about 20 seconds each. Run small knife between panna cotta and custard cups. Invert panna cotta onto plates. Spoon sauce over.
- ☐ Sprinkle with additional pine nuts; serve.
- ☐ *An Italian dessert wine available at some liquor stores and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:13.97, Inflammation Score:-8, Nutrition Score:16.517391194468%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 743.09kcal (37.15%), Fat: 58.76g (90.4%), Saturated Fat: 23.64g (147.75%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 50.94g (18.52%), Sugar: 34.45g (38.28%), Cholesterol: 107.58mg (35.86%), Sodium: 38.11mg (1.66%), Alcohol: 0.19g (100%), Alcohol %: 0.12% (100%), Protein: 9.02g (18.03%), Manganese: 3.19mg (159.74%), Vitamin A: 1416.58IU (28.33%), Vitamin E: 4.23mg (28.18%), Copper: 0.53mg (26.42%), Phosphorus: 262.22mg (26.22%), Magnesium: 97.9mg (24.47%), Vitamin K: 22.46µg (21.39%), Zinc: 2.55mg (16.99%), Vitamin B2: 0.28mg (16.27%), Iron: 2.2mg (12.21%), Vitamin B1: 0.15mg (10.2%), Vitamin D: 1.52µg (10.15%), Potassium: 323.71mg (9.25%), Vitamin B3: 1.68mg (8.42%), Vitamin C: 6.06mg (7.35%), Calcium: 72.2mg (7.22%), Fiber: 1.58g (6.32%), Selenium: 4.16µg (5.95%), Folate: 18.66µg (4.66%), Vitamin B5: 0.37mg (3.75%), Vitamin B6: 0.07mg (3.61%), Vitamin B12: 0.15µg (2.54%)