



Panna Cotta with Vanilla Syrup

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

DESSERT

Ingredients

- 2 teaspoons gelatin powder
- 1.5 cups cup heavy whipping cream
- 0.3 cup sugar
- 0.5 cup milk whole
- 1 serving plus

Equipment

- bowl
- baking sheet

- sauce pan
- whisk
- sieve
- ramekin

Directions

- Place six 3 1/2-ounce ramekins (3 inches in diameter, 1 1/2 inches deep) on a rimmed baking sheet. Refrigerate until cold. Put 3 tablespoons cool water into a medium bowl.
- Sprinkle with gelatin; let stand until gelatin has softened, about 5 minutes.
- Stir together cream and sugar in a medium saucepan.
- Heat over medium-high heat, stirring to dissolve sugar, until bubbles form at edges, about 2 minutes.
- Pour cream mixture into bowl with gelatin; whisk until gelatin has dissolved. Stir in milk.
- Pour through a sieve into a bowl.
- Pour cream mixture into chilled ramekins. Refrigerate on baking sheet until set, about 2 hours.
- Meanwhile, make the syrup.
- To serve, dip one ramekin in a bowl of hot water for 20 seconds; make sure water does not reach the rim. Invert panna cotta onto a dessert plate, gently shaking and tapping ramekin to unmold. If unmolding is difficult, return the ramekin to hot water briefly. Repeat to unmold the remaining ramekins.
- Drizzle each panna cotta with vanilla syrup, and serve.

Nutrition Facts



PROTEIN 5.43% **FAT 77.39%** **CARBS 17.18%**

Properties

Glycemic Index:21.18, Glycemic Load:6.2, Inflammation Score:-5, Nutrition Score:3.2447826097841%

Nutrients (% of daily need)

Calories: 251.52kcal (12.58%), Fat: 22.16g (34.09%), Saturated Fat: 14.06g (87.9%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 11.07g (4.02%), Sugar: 11.16g (12.4%), Cholesterol: 69.68mg (23.23%), Sodium: 26.59mg (1.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin A: 907.59IU (18.15%), Vitamin B2: 0.14mg (8.5%), Vitamin D: 1.18µg (7.84%), Calcium: 65.12mg (6.51%), Phosphorus: 55.57mg (5.56%), Selenium: 2.75µg (3.93%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.2µg (3.42%), Potassium: 87.41mg (2.5%), Vitamin B5: 0.23mg (2.29%), Vitamin K: 1.97µg (1.87%), Copper: 0.04mg (1.81%), Magnesium: 6.9mg (1.73%), Vitamin B6: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.23mg (1.53%)