



Panna Cotta with Vermont Blue Cheese and Roasted Stone Fruit

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.8 ounce gelatin powder unflavored
- ☐ 3 tablespoons honey
- ☐ 3 peaches peeled cut into 6 wedges (1 pound)
- ☐ 2 cups pear nectar
- ☐ 4 plums cut into 4 wedges (1 pound)
- ☐ 0.3 cup tawny port sweet
- ☐ 1 cup cherries sweet pitted

- ☐ 2 cups milk whole
- ☐ 4 ounces vermont blue crumbled

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Strain pear nectar through a fine sieve over a small bowl, and discard solids.
- ☐ Sprinkle gelatin over strained pear nectar, and let stand 1 minute.
- ☐ Place milk in a medium saucepan; stir in gelatin mixture. Cook over medium-low heat until gelatin dissolves, stirring constantly.
- ☐ Pour evenly into 8 (4-ounce) ramekins or muffin cups coated with cooking spray. Chill 2 hours or until set.
- ☐ Preheat oven to 40
- ☐ Combine cherries and the next 4 ingredients (cherries through peaches) in a 13 x 9-inch baking dish coated with cooking spray, tossing to coat.
- ☐ Bake at 400 for 20 minutes or until tender, stirring once. Cool.
- ☐ Loosen edges of panna cottas with a knife or rubber spatula.
- ☐ Place a dessert plate, upside down, on top of each ramekin; invert onto plates. Spoon about 1/2 cup roasted fruit around each panna cotta.
- ☐ Sprinkle each serving with 2 tablespoons cheese.

Nutrition Facts



 **PROTEIN 15.08%**  **FAT 25.66%**  **CARBS 59.26%**

Properties

Glycemic Index:27.27, Glycemic Load:8.31, Inflammation Score:-5, Nutrition Score:7.0378260197847%

Flavonoids

Cyanidin: 8.15mg, Cyanidin: 8.15mg, Cyanidin: 8.15mg, Cyanidin: 8.15mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg Catechin: 5.21mg, Catechin: 5.21mg, Catechin: 5.21mg, Catechin: 5.21mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg, Epicatechin: 3.8mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 218.65kcal (10.93%), Fat: 6.31g (9.7%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 30.72g (11.17%), Sugar: 29.75g (33.06%), Cholesterol: 17.95mg (5.98%), Sodium: 202.2mg (8.79%), Alcohol: 1.15g (100%), Alcohol %: 0.55% (100%), Protein: 8.34g (16.68%), Calcium: 162mg (16.2%), Phosphorus: 141.65mg (14.16%), Vitamin B2: 0.19mg (11.1%), Vitamin A: 515.86IU (10.32%), Copper: 0.18mg (9.24%), Vitamin C: 7.38mg (8.94%), Potassium: 306.06mg (8.74%), Vitamin B12: 0.5µg (8.37%), Fiber: 2.06g (8.23%), Selenium: 5.55µg (7.92%), Vitamin B5: 0.66mg (6.62%), Zinc: 0.87mg (5.81%), Magnesium: 22.58mg (5.64%), Vitamin K: 5.81µg (5.53%), Manganese: 0.1mg (5.2%), Vitamin B6: 0.1mg (5.18%), Vitamin D: 0.74µg (4.95%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.07mg (4.6%), Vitamin E: 0.61mg (4.04%), Iron: 0.6mg (3.31%), Folate: 12.4µg (3.1%)