



Pomegranate Panna Cotta

 Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



251 kcal

DESSERT

Ingredients

- 1.5 cups buttermilk
- 2 teaspoons gelatin powder unflavored
- 0.5 cup orange juice fresh
- 1 strips orange zest with vegetable peeler
- 3 tablespoons pomegranate juice (such as Pom)
- 1 cup sugar
- 0.5 cup whipping cream

Equipment

- bowl
- frying pan
- sauce pan
- knife
- ramekin

Directions

- Spray six 3/4-cup ramekins or custard cups with nonstick spray.
- Place 3 tablespoons pomegranate juice in small bowl.
- Sprinkle gelatin over; let stand 10 minutes. Meanwhile, heat remaining 2 cups pomegranate juice, sugar, and peel in large saucepan over high heat, stirring to dissolve sugar. Boil until syrup is reduced to 1 1/4 cups, about 10 minutes.
- Remove from heat.
- Remove peel from pan; transfer 1/3 cup syrup to small bowl and reserve for sauce.
- Add gelatin mixture to remaining hot syrup in pan, and stir until dissolved.
- Add orange juice and whipping cream, then buttermilk. Strain. Divide among prepared ramekins. Chill until set, at least 4 hours or overnight. Cover and chill sauce separately.
- Run knife around edge of ramekins; invert onto plates.
- Drizzle with sauce and serve.
- Don't waste the orange peel: It makes an attractive garnish.
- Remove it from the syrup and let it cool, then thinly slice it lengthwise. Toss it with 3 tablespoons sugar in a small bowl; cover and chill.
- One serving contains the following: Calories (kcal) 252.49; % Calories from Fat 15.0; Fat (g) 4.23; Saturated Fat (g) 2.63; Cholesterol (mg) 16.10; Carbohydrates (g) 51.97; Dietary Fiber (g) 0.11; Total Sugars (g) 50.98; Net Carbs (g) 51.86; Protein (g) 3.28
- Bon Appétit

Nutrition Facts



■ PROTEIN 5.86% ■ FAT 32.45% ■ CARBS 61.69%

Properties

Glycemic Index:25.52, Glycemic Load:25.27, Inflammation Score:-3, Nutrition Score:4.0734782361466%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 9.32g (14.33%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 39.78g (14.47%), Sugar: 39.44g (43.82%), Cholesterol: 29.01mg (9.67%), Sodium: 72.18mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 10.69mg (12.95%), Vitamin B2: 0.16mg (9.26%), Calcium: 86.51mg (8.65%), Vitamin A: 432.58IU (8.65%), Vitamin D: 1.1µg (7.32%), Phosphorus: 67.38mg (6.74%), Vitamin B12: 0.31µg (5.13%), Selenium: 3.59µg (5.12%), Potassium: 158.23mg (4.52%), Vitamin B1: 0.05mg (3.49%), Vitamin B5: 0.34mg (3.41%), Folate: 12.22µg (3.05%), Copper: 0.06mg (2.96%), Magnesium: 10.51mg (2.63%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.3mg (1.99%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.6µg (1.53%)