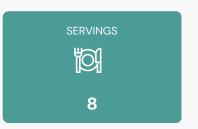


# **Pumpkin Coconut Panna Cottas**

**Gluten Free** 







DESSERT

### **Ingredients**

0.3 cup water

| 1 cup pumpkin puree pure canned                      |
|--|
| 0.3 ounce gelatin powder unflavored                  |
| 1 cup cup heavy whipping cream                       |
| 0.5 cup honey  |
| 0.5 cup sugar  |
| 0.8 cup coconut sweetened flaked                     |
| 1.8 cups coconut milk unsweetened (a 13.5 ounce can) |

| Equipment  |   |  |
|------------|---|--|
|            | bowl  |  |
|            | frying pan  |  |
|            | sauce pan   |  |
|            | oven  |  |
|            | knife   |  |
|            | sieve   |  |
|            | blender   |  |
|            | ramekin   |  |
|            | measuring cup   |  |
| Directions |   |  |
|            | Sprinkle gelatin over water in a very small saucepan and let stand 1 minute to soften.  |  |
|            | Heat over medium heat, stirring, until gelatin is dissolved, then remove from heat.   |  |
|            | Pulse coconut milk, cream, pumpkin, sugar, and a pinch of salt in a blender to combine, then add gelatin mixture and blend until smooth. Strain mixture through a fine sieve into a bowl with a spout or transfer to a 4-quart measuring cup.   |  |
|            | Pour mixture into bowls and chill, covered, until firm, at least 6 hours.   |  |
|            | Meanwhile, preheat oven to 350°F with rack in middle.   |  |
|            | Spread coconut on a rimmed sheet pan and stirring once or twice bake until golden, 8 to 10 minutes, and cool.   |  |
|            | Just before serving, sprinkle desserts with coconut and drizzle with honey.   |  |
|            | •Panna Cottas can be chilled up to 2 days.•If you want to serve your panna cottas unmolded, use 6-oz ramekins or glasses and lightly oil them before pouring in the pumpkin mixture. To unmold, run a thin sharp knife around side of each ramekin to loosen, then dip ramekin briefly in a small bowl of very warm water, about 10 seconds. Invert panna cotta onto a plate and gently lift off ramekin. |  |

# **Nutrition Facts**

#### **Properties**

Glycemic Index:15.3, Glycemic Load:17.83, Inflammation Score:-10, Nutrition Score:10.490434747675%

#### Nutrients (% of daily need)

Calories: 384.15kcal (19.21%), Fat: 25.59g (39.37%), Saturated Fat: 20.07g (125.43%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 37.39g (13.6%), Sugar: 36.44g (40.48%), Cholesterol: 33.62mg (11.21%), Sodium: 43.23mg (1.88%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.46g (6.91%), Vitamin A: 5203.49IU (104.07%), Manganese: 0.62mg (31.08%), Fiber: 2.87g (11.5%), Copper: 0.23mg (11.4%), Phosphorus: 89.64mg (8.96%), Selenium: 6.15µg (8.78%), Iron: 1.54mg (8.57%), Magnesium: 33.31mg (8.33%), Potassium: 269.6mg (7.7%), Vitamin K: 5.9µg (5.62%), Vitamin B2: 0.09mg (5.07%), Vitamin E: 0.68mg (4.51%), Calcium: 38.98mg (3.9%), Zinc: 0.58mg (3.88%), Vitamin C: 3.04mg (3.69%), Folate: 14.19µg (3.55%), Vitamin B5: 0.32mg (3.21%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.61mg (3.06%), Vitamin B6: 0.05mg (2.62%), Vitamin B1: 0.03mg (1.89%)