



Pumpkin Coconut Panna Cottas

 Gluten Free

READY IN



240 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

Ingredients

- 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)
- 0.3 cup water

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



■ PROTEIN 3.41% ■ FAT 56.84% ■ CARBS 39.75%

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 %: 0% (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%)