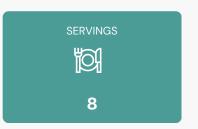


Pumpkin Coconut Panna Cottas

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%)