



Root Beer Granite with Root Beer Gelee and Vanilla Panna Cotta

 **Gluten Free** Image not found or type unknown

READY IN

Image not found or type unknown
ready

18 min.

SERVINGS

Image not found or type unknown
servings

8

CALORIES

Image not found or type unknown
calories

305 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.5 ounce gelatin powder
- ☐ 2.5 cups milk
- ☐ 12 ounce root beer
- ☐ 24 ounce root beer
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod split

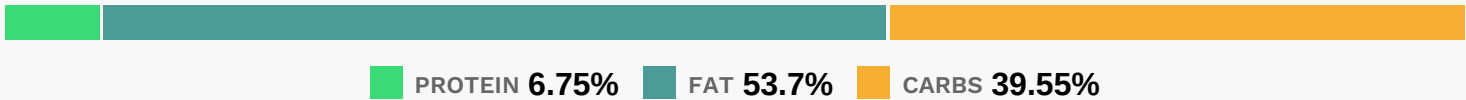
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ To prepare the gelee: pour 1/2 bottle of root beer into a medium size bowl and sprinkle the gelatin on top. Allow to bloom for 5 minutes. Gently warm the remaining 1/2 bottle of root beer in a pot until hot, but not boiling.
- ☐ Add the gelatin root beer to the hot root beer and whisk together.
- ☐ Add the remaining bottle of root beer.
- ☐ Pour 3-ounces into the bottom of 8 glasses and chill until set, approximately 15 minutes.
- ☐ To make the Panna Cotta, pour the milk into a medium size bowl and sprinkle the gelatin on top and allow to bloom for 5 minutes. In a pot, add the cream and the scraped vanilla bean, bring to a boil, turn off heat and let rest for 10 minutes.
- ☐ Add the sugar and warm until dissolved. Strain the mixture through a sieve and whisk warm mixture into the gelatin mixture. Allow to cool to room temperature.
- ☐ Pour 4-ounces into each glass on top of the root beer gelee and chill until set, approximately 30 minutes.
- ☐ To make the granite, pour the root beer into a shallow freezer proof dish, approximately 4 by 8-inches.
- ☐ Place dish in freezer and scrape with a fork every 1/2 hour, until frozen.
- ☐ To serve, scoop the granite and place on top of the Panna Cotta and Root Beer gelee.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:10.08, Inflammation Score:-4, Nutrition Score:4.6426087125488%

Nutrients (% of daily need)

Calories: 305.31kcal (15.27%), Fat: 18.69g (28.75%), Saturated Fat: 11.68g (73.02%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 30.96g (11.26%), Sugar: 30.97g (34.41%), Cholesterol: 59.58mg (19.86%), Sodium: 61.21mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin A: 779.51IU (15.59%), Calcium: 130.72mg (13.07%), Vitamin B2: 0.2mg (11.5%), Phosphorus: 103.59mg (10.36%), Vitamin D: 1.55µg (10.35%), Vitamin B12: 0.48µg (8.05%), Selenium: 3.69µg (5.27%), Potassium: 158.58mg (4.53%), Vitamin B5: 0.4mg (4%), Magnesium: 13.94mg (3.48%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.51mg (3.42%), Vitamin B6: 0.06mg (3.11%), Vitamin E: 0.45mg (2.99%), Copper: 0.05mg (2.69%), Vitamin K: 1.66µg (1.58%), Manganese: 0.02mg (1.12%)