



Sangria Panna Cotta

 Gluten Free

READY IN



235 min.

SERVINGS



6

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.3 ounce powdered gelatin unflavored
- ☐ 1 apples i use 2 granny smith apples
- ☐ 2 teaspoons honey
- ☐ 2 oranges
- ☐ 2 cups whole-milk yogurt plain
- ☐ 7 tablespoons sugar
- ☐ 1 cup milk whole

☐ 3 cups boxed red wine

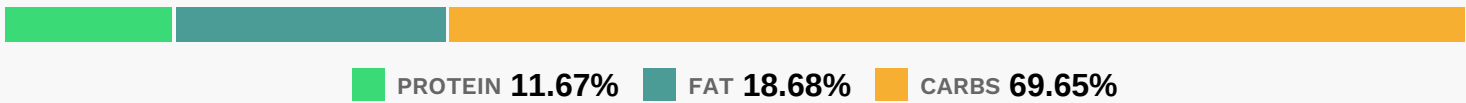
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Remove a wide, 2-inch-long strip of zest from 1 orange with a paring knife. Finely grate the zest of the other orange and set aside. Peel and segment both oranges, cover and refrigerate.
- ☐ Combine the wine, 5 tablespoons sugar, the honey, cinnamon stick and orange zest strip in a small saucepan. Simmer over medium-low heat until reduced to 1 1/2 cups, about 40 minutes. Discard the cinnamon and zest and cool the wine reduction completely. Set aside 1/2 cup for serving.
- ☐ Combine the milk with the remaining 2 tablespoons sugar in a medium saucepan.
- ☐ Sprinkle in the gelatin and let stand, undisturbed,
- ☐ until the gelatin softens, about 4 minutes. Cook over medium heat, stirring occasionally, until the gelatin and sugar are just dissolved (do not boil); let cool.
- ☐ Whisk in 1 cup of the wine reduction, the grated orange zest and yogurt until smooth.
- ☐ Pour into six 6-ounce ramekins or jars, cover and refrigerate until set, at least 3 hours or overnight.
- ☐ Just before serving, core and finely dice the apple, then toss with the reserved orange segments. Dip the bottom of each ramekin in warm water to loosen. Invert each panna cotta onto a plate, drizzle with the reserved wine reduction and top with the fruit.
- ☐ Photograph by Ngoc Minh Ngo

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:15.55, Inflammation Score:-7, Nutrition Score:8.3421739391659%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 12.66mg, Hesperetin: 12.66mg, Hesperetin: 12.66mg, Hesperetin: 12.66mg Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 278.9kcal (13.95%), Fat: 4.11g (6.33%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 32.42g (11.79%), Sugar: 29.64g (32.94%), Cholesterol: 15.5mg (5.17%), Sodium: 60.73mg (2.64%), Alcohol: 12.72g (100%), Alcohol %: 4.82% (100%), Protein: 5.78g (11.56%), Vitamin C: 25.07mg (30.39%), Calcium: 184.5mg (18.45%), Phosphorus: 156.63mg (15.66%), Manganese: 0.29mg (14.52%), Vitamin B2: 0.24mg (14.18%), Potassium: 455.67mg (13.02%), Magnesium: 35.62mg (8.9%), Vitamin B12: 0.52µg (8.7%), Fiber: 2.09g (8.36%), Vitamin B6: 0.16mg (7.98%), Vitamin B1: 0.1mg (6.4%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.88mg (5.85%), Folate: 21.36µg (5.34%), Vitamin A: 265.48IU (5.31%), Selenium: 3.62µg (5.16%), Iron: 0.75mg (4.17%), Copper: 0.08mg (3.91%), Vitamin D: 0.53µg (3.53%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 1.61µg (1.54%), Vitamin E: 0.22mg (1.44%)