



Sour Cream Panna Cotta with Blackberry-Zinfandel Compote

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- 3 cups blackberries frozen divided thawed
- 1.3 cups evaporated milk fat-free
- 2.5 teaspoons gelatin powder unflavored
- 3 tablespoons granulated sugar
- 0.3 teaspoon ground cardamom
- 2 cups cup heavy whipping cream sour reduced-fat
- 8 mint sprigs

- 0.5 cup powdered sugar
- 1 vanilla pod split
- 0.3 cup water
- 0.3 cup red wine dry red fruity

Equipment

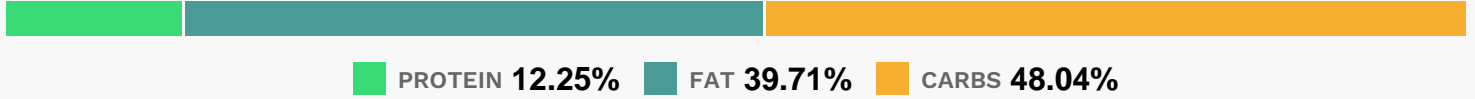
- food processor
- bowl
- frying pan
- sauce pan
- knife
- whisk
- sieve
- spatula
- slotted spoon

Directions

- To prepare panna cotta, sprinkle gelatin over water in a small bowl; let stand 10 minutes. Bring milk, powdered sugar, and vanilla bean to a boil in a medium saucepan over medium-high heat.
- Remove pan from heat; remove vanilla bean with a slotted spoon. Scrape seeds from vanilla bean. Stir seeds into milk mixture; discard bean.
- Add gelatin mixture to milk mixture, stirring with a whisk until gelatin dissolves.
- Add sour cream and cardamom; stir until well combined. Divide mixture evenly among 8 (6-ounce) custard cups. Cover and refrigerate for 8 hours or overnight.
- To prepare compote, place 1 cup blackberries, wine, and granulated sugar in a food processor, and process until smooth. Strain the blackberry mixture through a fine sieve into a medium saucepan, and discard solids. Bring mixture to a boil over medium-high heat, and cook for 1 minute.
- Remove from heat; add remaining 2 cups blackberries. Cool completely.

- Loosen edges of custards with a knife or rubber spatula.
- Place a dessert plate, upside down, on top of each cup; invert onto plates.
- Serve with compote; top with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:3.72, Inflammation Score:-5, Nutrition Score:7.8330435649208%

Flavonoids

Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 214.12kcal (10.71%), Fat: 9.46g (14.55%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 22.79g (8.29%), Sugar: 18.54g (20.6%), Cholesterol: 31.54mg (10.51%), Sodium: 93.34mg (4.06%), Alcohol: 0.82g (100%), Alcohol %: 0.57% (100%), Protein: 6.56g (13.13%), Calcium: 203.2mg (20.32%), Manganese: 0.38mg (19.11%), Vitamin C: 12.94mg (15.68%), Phosphorus: 133.96mg (13.4%), Vitamin B2: 0.22mg (12.67%), Fiber: 2.96g (11.84%), Vitamin K: 11.22µg (10.68%), Potassium: 335.52mg (9.59%), Vitamin A: 440.75IU (8.81%), Copper: 0.14mg (6.86%), Magnesium: 27.29mg (6.82%), Folate: 24.49µg (6.12%), Zinc: 0.9mg (5.98%), Vitamin E: 0.87mg (5.78%), Vitamin B12: 0.3µg (5.08%), Selenium: 3.47µg (4.96%), Vitamin B5: 0.41mg (4.05%), Vitamin B1: 0.05mg (3.57%), Iron: 0.53mg (2.94%), Vitamin B6: 0.05mg (2.45%), Vitamin B3: 0.48mg (2.42%), Vitamin D: 0.15µg (1.03%)