



Strawberry Panna Cotta with Strawberry Compote

 Gluten Free

READY IN



540 min.

SERVINGS



6

CALORIES



175 kcal

DESSERT

Ingredients

- 0.5 ounce gelatin powder unflavored
- 2 teaspoons superfine granulated sugar
- 0.3 cup heavy cream
- 1.8 cups buttermilk low-fat well-shaken
- 0.3 cup orange juice fresh
- 1 pound strawberries sliced
- 2.5 cups strawberries trimmed (preferably small;)

- 6 tablespoons sugar
- 0.3 cup milk whole

Equipment

- bowl
- sauce pan
- whisk
- sieve
- blender

Directions

- Special equipment: 6 (6-ounce) stainless-steel or ceramic molds
- Make panna cotta: Blend strawberries, buttermilk, and sugar in a blender until very smooth.
- Pour through a very fine sieve into a medium bowl, pressing hard on solids and scraping the bottom of the sieve. Discard solids.
- Sprinkle gelatin over milk in a small bowl and let stand 1 minute to soften.
- Bring cream to a boil in a small saucepan.
- Remove from heat and add gelatin mixture, stirring until dissolved.
- Whisk cream mixture into strawberry puree and pour into molds. Chill molds, covered, until firm, at least 8 hours.
- To unmold: Dip molds in a small bowl of hot water 2 or 3 seconds, then invert onto dessert plates and remove molds.
- Let stand at room temperature 20 minutes to soften slightly.
- Make compote while panna cottas stand: Halve strawberries lengthwise if small, or quarter if larger.
- Whisk together orange juice and superfine sugar in a bowl until sugar is dissolved and add strawberries, tossing to coat. Set the compote aside to macerate for 10 minutes.
- Serve panna cotta with compote.

Nutrition Facts



■ PROTEIN 12.81% ■ FAT 24.89% ■ CARBS 62.3%

Properties

Glycemic Index:51.7, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:10.993043505627%

Flavonoids

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Nutrients (% of daily need)

Calories: 175.11kcal (8.76%), Fat: 5.13g (7.89%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 26.15g (9.51%), Sugar: 24.94g (27.71%), Cholesterol: 15.23mg (5.08%), Sodium: 116.36mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Vitamin C: 85.66mg (103.83%), Manganese: 0.53mg (26.49%), Calcium: 124.52mg (12.45%), Phosphorus: 113.54mg (11.35%), Fiber: 2.73g (10.93%), Vitamin B2: 0.18mg (10.67%), Potassium: 359.15mg (10.26%), Folate: 40.25µg (10.06%), Magnesium: 28.9mg (7.22%), Copper: 0.13mg (6.53%), Vitamin B6: 0.1mg (5.08%), Selenium: 3.46µg (4.94%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 232.08IU (4.64%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.22µg (3.75%), Zinc: 0.56mg (3.73%), Iron: 0.65mg (3.64%), Vitamin E: 0.53mg (3.52%), Vitamin K: 3.41µg (3.25%), Vitamin B3: 0.62mg (3.12%), Vitamin D: 0.27µg (1.8%)