



Strawberry Panna Cotta with Strawberry Compote

 **Gluten Free**

READY IN



1500 min.

SERVINGS



6

CALORIES



151 kcal

DESSERT

Ingredients

- 0.5 oz gelatin powder unflavored
- 2 teaspoons granulated sugar
- 0.3 cup cup heavy whipping cream
- 1.8 cups buttermilk low-fat well-shaken
- 0.3 cup orange juice fresh
- 2.5 cups strawberries trimmed (preferably small;)
- 6 tablespoons sugar

0.3 cup milk whole

Equipment

bowl

sauce pan

whisk

sieve

blender

Directions

Blend strawberries, buttermilk, and sugar in a blender until very smooth, then pour through a very fine sieve into a medium bowl, pressing hard on solids. 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 purée 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 panna cottas onto dessert plates and remove molds.

Let stand at room temperature 20 minutes to soften slightly.

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.

Serve panna cottas with compote.

Panna cottas can be chilled in molds, covered, up to 2 days.

Each serving contains about 146 calories and 3 grams fat.

Gourmet

Nutrition Facts



■ PROTEIN 13.73% ■ FAT 27.89% ■ CARBS 58.38%

Properties

Glycemic Index:45.03, Glycemic Load:11.4, Inflammation Score:-4, Nutrition Score:6.7195652205011%

Flavonoids

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Nutrients (% of daily need)

Calories: 150.91kcal (7.55%), Fat: 4.9g (7.54%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 21.85g (7.95%), Sugar: 21.24g (23.6%), Cholesterol: 15.23mg (5.08%), Sodium: 115.61mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin C: 41.21mg (49.95%), Manganese: 0.24mg (11.9%), Calcium: 112.42mg (11.24%), Vitamin B2: 0.16mg (9.69%), Phosphorus: 95.4mg (9.54%), Potassium: 243.48mg (6.96%), Folate: 22.11µg (5.53%), Fiber: 1.22g (4.88%), Magnesium: 19.07mg (4.77%), Copper: 0.09mg (4.71%), Selenium: 3.15µg (4.51%), Vitamin A: 223.01IU (4.46%), Vitamin B12: 0.22µg (3.75%), Vitamin B1: 0.06mg (3.72%), Vitamin B5: 0.35mg (3.53%), Vitamin B6: 0.07mg (3.3%), Zinc: 0.45mg (3.02%), Vitamin E: 0.31mg (2.06%), Iron: 0.34mg (1.91%), Vitamin D: 0.27µg (1.8%), Vitamin B3: 0.33mg (1.66%), Vitamin K: 1.75µg (1.66%)