



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



Properties

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

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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%)