



Vanilla-Almond Panna Cotta with Mango Sauce



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 1.7 cups vanilla almond milk divided (such as Almond Breeze)
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.7 cup half-and-half
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 cups apricot-mango nectar
- ☐ 0.3 cup sugar
- ☐ 6 inch vanilla pod split divided

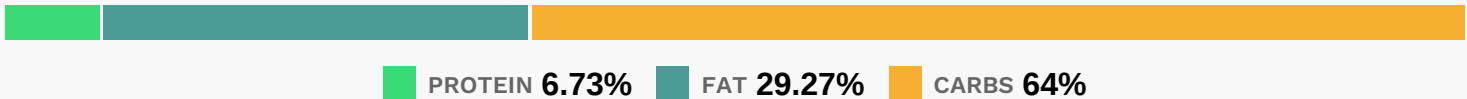
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ spatula

Directions

- ☐ Sprinkle gelatin over 1/3 cup almond milk in a small bowl; let stand 4 minutes.
- ☐ Combine 1 1/3 cups of almond milk, half-and-half, sugar, and half of the vanilla bean in a medium saucepan; bring to a simmer over medium heat (do not boil).
- ☐ Remove from heat.
- ☐ Add gelatin mixture, stirring until the gelatin dissolves.
- ☐ Remove vanilla bean.
- ☐ Pour mixture evenly into 6 (6-ounce) custard cups coated with cooking spray. Cover and chill 8 hours or overnight.
- ☐ Combine remaining half of the vanilla bean and nectar in a small saucepan; bring to a boil. Reduce heat to medium, and cook until reduced to 1 cup (about 15 minutes).
- ☐ Remove from heat; stir in lime juice. Cover and chill.
- ☐ Loosen edges of custards with a knife or rubber spatula.
- ☐ Place a dessert plate, upside down, on top of each cup; invert onto plates. Spoon the sauce around custards.
- ☐ Garnish with fresh raspberries, if desired.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:2.696956532157%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 130.23kcal (6.51%), Fat: 4.38g (6.74%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 21.16g (7.69%), Sugar: 20.09g (22.32%), Cholesterol: 9.41mg (3.14%), Sodium: 112.27mg (4.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin C: 10.53mg (12.76%), Calcium: 123.87mg (12.39%), Vitamin A: 530.67IU (10.61%), Vitamin B2: 0.06mg (3.48%), Phosphorus: 27.6mg (2.76%), Selenium: 1.64µg (2.34%), Copper: 0.04mg (1.92%), Fiber: 0.41g (1.63%), Potassium: 53.89mg (1.54%), Iron: 0.26mg (1.45%), Folate: 5.8µg (1.45%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.26%), Magnesium: 5.03mg (1.26%), Vitamin B6: 0.02mg (1.19%)