



Vanilla Panna Cotta

 Gluten Free

READY IN



395 min.

SERVINGS



8

CALORIES



270 kcal

DESSERT

Ingredients

- 0.5 packet gelatin powder unflavored
- 2 cups heavy cream
- 0.5 cup whole-milk greek yogurt
- 0.5 cup sugar
- 1 vanilla pod
- 0.5 cup milk whole

Equipment

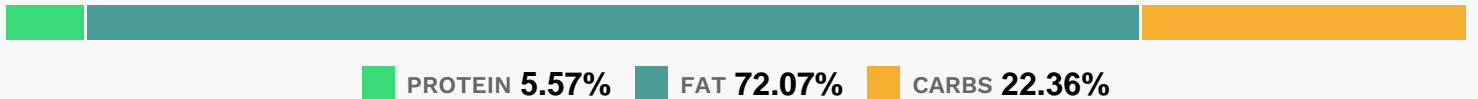
- bowl

- sauce pan
- knife
- plastic wrap
- ramekin

Directions

- Place the cream in a saucepan. Halve the vanilla bean lengthwise; scrape out the seeds with a knife, then add the seeds and pod to the saucepan.
- Add the sugar and bring to a simmer over medium-low heat, stirring occasionally. Discard the vanilla pod.
- Sprinkle the gelatin over the milk in a bowl and let stand until the gelatin softens, about 5 minutes. Stir the gelatin mixture into the hot cream mixture until dissolved, then stir in the yogurt. Divide among six to eight 4-ounce ramekins, cover with plastic wrap and refrigerate until set, at least 6 hours or overnight.
- Dip each ramekin three-quarters of the way in warm water and invert onto a plate.
- Garnish each panna cotta with strawberries and mint, if desired.
- Photograph by Jim Franco

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9, Inflammation Score:-5, Nutrition Score:3.4891304347826%

Nutrients (% of daily need)

Calories: 270.13kcal (13.51%), Fat: 22.15g (34.07%), Saturated Fat: 13.98g (87.39%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 15.46g (5.62%), Sugar: 15.35g (17.06%), Cholesterol: 69.69mg (23.23%), Sodium: 27.34mg (1.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin A: 899.85IU (18%), Vitamin B2: 0.17mg (10.08%), Vitamin D: 1.12µg (7.47%), Calcium: 72.27mg (7.23%), Phosphorus: 67.08mg (6.71%), Selenium: 3.56µg (5.09%), Vitamin B12: 0.26µg (4.42%), Vitamin E: 0.56mg (3.71%), Potassium: 97.35mg (2.78%), Vitamin B5: 0.25mg (2.51%), Vitamin B6: 0.04mg (1.91%), Magnesium: 7.47mg (1.87%), Vitamin K: 1.95µg (1.86%), Zinc: 0.27mg (1.82%), Vitamin B1: 0.02mg (1.55%)