

Vanilla Panna Cotta

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



615 kcal

DESSERT

Ingredients

- 0.3 cup plus light
- 1 tablespoon powdered gelatin
- 4 cups heavy cream
- 8 servings poached berries mixed
- 4.5 ounces bittersweet chocolate
- 0.5 cup sugar
- 2 ounces chocolate unsweetened
- 0.5 vanilla pod split

- 0.3 cup water hot
- 3 tablespoons water




Equipment

- bowl
- sauce pan
- whisk
- ramekin
- double boiler
- microwave

Directions

- In a small bowl, combine the water and gelatin and let soak about 10 minutes (do not stir). Meanwhile, in a medium saucepan, heat the cream, vanilla bean and sugar to a simmer over medium heat, stirring occasionally to dissolve the sugar. As soon as it simmers, turn off the heat and add the gelatin mixture, stirring to dissolve the gelatin. If the gelatin doesn't completely dissolve in 3 minutes, return the mixture to the heat and warm gently until dissolved.
- Pour the mixture into 6 to 8 ramekins or dessert cups. Chill, uncovered, 2 hours.
- Satin Chocolate Sauce: In the top half of a double boiler, combine the 2 chocolates over simmering water. Stir constantly until melted, then whisk in the syrup and water without removing the double boiler from the heat.
- Whisk until smooth and shiny. The sauce can be made up to 24 hours in advance and refrigerated. To rewarm, stir over low heat or heat in a microwave.
- To serve panna cotta, dip the cups in hot water for 10 seconds, then turn the panna cottas out onto dessert plates (or, serve in the cups). Surround each panna cotta with berries and satin chocolate sauce.

Nutrition Facts

  
 PROTEIN 3.77%  FAT 74.51%  CARBS 21.72%

Properties

Glycemic Index:11.14, Glycemic Load:10.28, Inflammation Score:-8, Nutrition Score:9.9669566620951%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 614.9kcal (30.74%), Fat: 52.89g (81.37%), Saturated Fat: 33.18g (207.36%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 32.21g (11.71%), Sugar: 30.14g (33.49%), Cholesterol: 135.43mg (45.14%), Sodium: 44.66mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.38mg (6.46%), Protein: 6.02g (12.05%), Vitamin A: 1757.73IU (35.15%), Manganese: 0.51mg (25.54%), Copper: 0.46mg (23.19%), Magnesium: 60.08mg (15.02%), Vitamin B2: 0.24mg (14.32%), Phosphorus: 139.28mg (13.93%), Iron: 2.38mg (13.21%), Vitamin D: 1.9µg (12.69%), Fiber: 2.48g (9.92%), Calcium: 98.12mg (9.81%), Zinc: 1.44mg (9.62%), Selenium: 5.98µg (8.54%), Vitamin E: 1.22mg (8.15%), Potassium: 263.33mg (7.52%), Vitamin K: 5.81µg (5.53%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.22µg (3.65%), Vitamin B1: 0.05mg (3.08%), Vitamin B6: 0.05mg (2.48%), Folate: 7.08µg (1.77%), Vitamin B3: 0.31mg (1.56%)