



Vanilla Panna Cotta with Chocolate Ganache

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



13 kcal

Ingredients

- 3 sheets gelatin powder
- 0.5 cup milk
- 1 vanilla pod

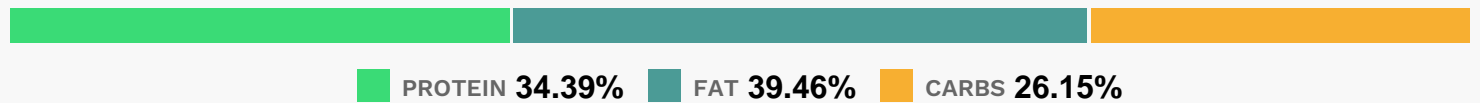
Equipment

- bowl
- frying pan
- whisk
- ramekin
- double boiler

Directions

- Fill a bowl with water, add the gelatin and let it soak.
- Pour milk into a pan & bring to just below simmering, then remove the pan from the heat. Do NOT let it boil.
- Drain & squeeze out the gelatin & add it to the milk.
- Pour the cream into another pan, add the sugar and vanilla bean and bring to a boil over low heat, stirring constantly. Then remove the pan from the heat, remove the vanilla bean and stir in the milk mixture. You can put the mixture into any kind of ramekin, mold, cup, you like. Rinse your 'glass' in ice-cold water, shaking out any excess water & fill with the milk mixture. Chill in the refrigerator for several hours until set (at least 3–4 hours). Turn out onto a serving dish & serve with fruit sauce or chocolate sauce. In a double boiler melt chocolate bar. Once the chocolate is completely melted, slowly whisk in cream until the desired consistency is reached.
- Drizzle over the top of the panna cotta once on the serving plate.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.56652173913043%

Nutrients (% of daily need)

Calories: 13.13kcal (0.66%), Fat: 0.58g (0.9%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.73g (0.82%), Cholesterol: 1.83mg (0.61%), Sodium: 7.27mg (0.32%), Protein: 1.14g (2.28%), Calcium: 19.17mg (1.92%), Phosphorus: 15.7mg (1.57%), Vitamin B12: 0.08µg (1.37%), Vitamin B2: 0.02mg (1.34%), Vitamin D: 0.17µg (1.12%)