



Vanilla Panna Cotta with Mixed-Berry Compote

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



475 kcal

DESSERT

Ingredients

- 2 pint poached berries fresh assorted (such as raspberries, blueberries, blackberries, and strawberries)
- 2.5 teaspoons gelatin powder unflavored (from 2 packages)
- 1 cup sugar
- 1.5 teaspoons vanilla extract
- 0.3 cup water cold
- 3 cups whipping cream
- 0.3 cup wine sweet (such as Moscato)

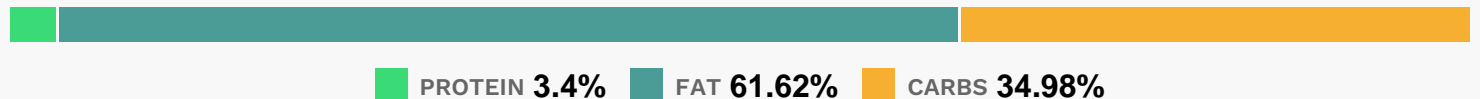
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Pour 1/4 cup cold water into small custard cup.
- Sprinkle gelatin over.
- Let stand until gelatin softens, about 15 minutes. Bring 1 inch of water in small skillet to boil.
- Place cup with gelatin in water. Stir until gelatin dissolves, about 2 minutes.
- Remove from heat.
- Combine cream and 2/3 cup sugar in heavy medium saucepan. Stir over medium heat just until sugar dissolves.
- Remove from heat.
- Mix in vanilla and gelatin. Divide pudding mixture among 8 wineglasses. Cover and chill until set, at least 6 hours and up to 1 day.
- Combine berries and remaining 1/3 cup sugar in medium bowl. Crush berries slightly with back of spoon.
- Mix in wine.
- Let compote stand until berry juices and sugar form syrup, stirring often, at least 1 hour and up to 2 hours.
- Spoon compote over puddings.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.49, Inflammation Score:-7, Nutrition Score:7.1030434940172%

Flavonoids

Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg Petunidin: 21.48mg, Petunidin: 21.48mg, Petunidin: 21.48mg, Petunidin: 21.48mg Delphinidin: 25.54mg, Delphinidin: 25.54mg, Delphinidin: 25.54mg, Delphinidin: 25.54mg Malvidin: 58.74mg, Malvidin: 58.74mg, Malvidin: 58.74mg, Malvidin: 58.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 474.58kcal (23.73%), Fat: 33.06g (50.86%), Saturated Fat: 20.59g (128.69%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 39.03g (14.19%), Sugar: 37.74g (41.94%), Cholesterol: 100.85mg (33.62%), Sodium: 28.92mg (1.26%), Alcohol: 1.29g (100%), Alcohol %: 0.65% (100%), Protein: 4.11g (8.22%), Vitamin A: 1366.39IU (27.33%), Vitamin K: 22.3µg (21.23%), Vitamin B2: 0.22mg (13.02%), Fiber: 3.19g (12.78%), Manganese: 0.19mg (9.53%), Vitamin D: 1.43µg (9.52%), Vitamin E: 1.39mg (9.26%), Calcium: 70.51mg (7.05%), Phosphorus: 67.11mg (6.71%), Vitamin B6: 0.11mg (5.32%), Selenium: 3.45µg (4.93%), Potassium: 157.58mg (4.5%), Vitamin C: 3.49mg (4.23%), Copper: 0.08mg (3.99%), Vitamin B5: 0.38mg (3.82%), Vitamin B1: 0.06mg (3.77%), Vitamin B3: 0.69mg (3.44%), Magnesium: 13.6mg (3.4%), Folate: 12.33µg (3.08%), Vitamin B12: 0.14µg (2.38%), Zinc: 0.31mg (2.1%), Iron: 0.36mg (1.98%)