



Vanilla Panna Cotta with Pear Jam

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



294 kcal

DESSERT

Ingredients

- 2 pounds purée of usa bartlett pear cored ripe peeled cut into 1/4-inch-thick slices
- 0.5 ounce gelatin powder unflavored
- 2 cups cup heavy whipping cream
- 0.5 cup sugar
- 2 vanilla pod split
- 2 cups milk whole

Equipment

- food processor

- bowl
- sauce pan
- ladle
- knife
- whisk
- sieve
- ramekin

Directions

- In large bowl, toss together pears and sugar. Cover and refrigerate at least 8 hours or overnight.
- In small bowl, sprinkle gelatin over cream.
- Let stand until gelatin softens, about 1 minute.
- Meanwhile, in medium saucepan over moderate heat, whisk together milk and sugar. Scrape in seeds from vanilla beans; add beans.
- Heat, whisking occasionally, until sugar dissolves, about 2 minutes.
- Remove from heat and whisk in cream mixture. Strain through fine-mesh sieve, discarding vanilla beans, then ladle mixture into 8 (4-ounce) ramekins. Cover and refrigerate at least 8 hours or overnight.
- In heavy medium saucepan over moderate heat, combine 1/2 cup water and pear mixture. Bring to simmer, uncovered, and cook until pears are tender, about 20 minutes.
- Transfer mixture to food processor and purée until smooth.
- Transfer jam to medium bowl, cover tightly, and refrigerate until cool, about 1 hour. (Jam will keep, covered, in refrigerator up to 1 week.)
- Run thin sharp knife around inside edge of each ramekin to loosen. Dip bottom of 1 ramekin in bowl of very warm water 6 seconds. Put plate over ramekin, then invert panna cotta onto plate, gently lifting off ramekin. Repeat to unmold remaining panna cottas. Top each with 1/4 cup pear jam and serve.

Nutrition Facts



■ PROTEIN 6.03% ■ FAT 57.3% ■ CARBS 36.67%

Properties

Glycemic Index:14.91, Glycemic Load:12.28, Inflammation Score:-5, Nutrition Score:5.383478242418%

Nutrients (% of daily need)

Calories: 293.87kcal (14.69%), Fat: 19.07g (29.34%), Saturated Fat: 11.86g (74.1%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 24.65g (8.96%), Sugar: 22.51g (25.01%), Cholesterol: 59.64mg (19.88%), Sodium: 35.18mg (1.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin A: 804.18IU (16.08%), Fiber: 2.81g (11.25%), Vitamin B2: 0.19mg (10.92%), Calcium: 100.48mg (10.05%), Phosphorus: 87.43mg (8.74%), Vitamin D: 1.3µg (8.66%), Potassium: 210.47mg (6.01%), Vitamin B12: 0.34µg (5.66%), Copper: 0.11mg (5.39%), Vitamin C: 4.28mg (5.18%), Vitamin K: 5.12µg (4.87%), Selenium: 3.07µg (4.38%), Vitamin E: 0.57mg (3.81%), Magnesium: 14.94mg (3.74%), Vitamin B6: 0.07mg (3.51%), Vitamin B5: 0.34mg (3.43%), Vitamin B1: 0.05mg (3.21%), Zinc: 0.39mg (2.6%), Folate: 7.77µg (1.94%), Manganese: 0.04mg (1.89%), Iron: 0.24mg (1.34%), Vitamin B3: 0.23mg (1.16%)