



Vanilla White Chocolate Panna Cotta With Strawberries

 Gluten Free

READY IN



255 min.

SERVINGS



6

CALORIES



456 kcal

DESSERT

Ingredients

- ☐ 4 sheets gelatin powder
- ☐ 0.3 cup granulated sugar
- ☐ 2 cups heavy cream
- ☐ 0.5 cup milk
- ☐ 6 servings strawberry
- ☐ 1 vanilla pod
- ☐ 3.5 ounces chocolate white

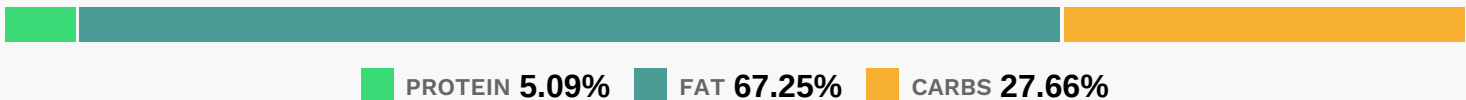
Equipment

- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ Put the cream, milk and vanilla pod (whole) into a saucepan. 2
- ☐ Heat over a very low heat until almost simmering, stirring constantly. 3
- ☐ Put the gelatine sheets in water to soak. 4
- ☐ Add the sugar to the warm cream mixture and stir until melted completely. 5
- ☐ Remove the vanilla pod then add the chocolate and stir until melted. 6
- ☐ Add the gelatine to the mixture and stir.7
- ☐ Remove from heat and make sure the mixture is completely smooth.8 Cool, then pour into ramekins.9 Leave in the fridge to set for around 4 hours.10 If you wish, loosen the panna cotta out of the ramekins by placing them in warm water for a few moments then turning onto a plate. 11 I find the flavour is best if you remove the panna cotta from the fridge about 10 minutes before needed.
- ☐ Serve with chopped fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:16.28, Inflammation Score:-8, Nutrition Score:13.279565199562%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg

Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 455.66kcal (22.78%), Fat: 35.18g (54.13%), Saturated Fat: 21.86g (136.6%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 29.65g (10.78%), Sugar: 28.41g (31.57%), Cholesterol: 95.56mg (31.85%), Sodium: 48.17mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Vitamin C: 85.23mg (103.31%), Manganese: 0.56mg (28.03%), Vitamin A: 1221.38IU (24.43%), Vitamin B2: 0.26mg (15.3%), Calcium: 134.14mg (13.41%), Phosphorus: 130.74mg (13.07%), Fiber: 2.91g (11.65%), Potassium: 373.86mg (10.68%), Vitamin D: 1.49µg (9.95%), Folate: 39.29µg (9.82%), Vitamin E: 1.32mg (8.78%), Magnesium: 28.99mg (7.25%), Vitamin K: 7.27µg (6.93%), Selenium: 4.66µg (6.66%), Copper: 0.12mg (5.87%), Vitamin B6: 0.12mg (5.86%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.33µg (5.49%), Vitamin B1: 0.07mg (4.84%), Iron: 0.73mg (4.05%), Zinc: 0.6mg (4%), Vitamin B3: 0.75mg (3.76%)