



White Chocolate Panna Cotta With Dark Chocolate Sauce

 Gluten Free

READY IN



14 min.

SERVINGS



6

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 6 servings chocolate sauce dark
- ☐ 0.3 oz gelatin powder unflavored
- ☐ 1.5 cups milk cold divided
- ☐ 1 sprigs garnishes: mint chocolate shavings fresh
- ☐ 0.3 cup sugar
- ☐ 1 cup whipping cream
- ☐ 0.5 cup chocolate morsels white

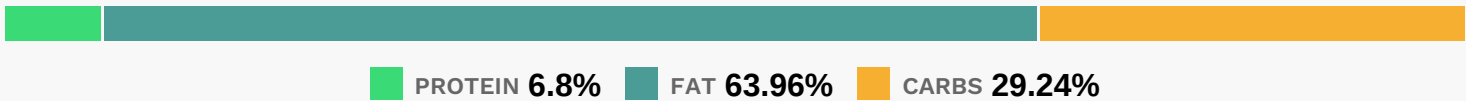
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ Sprinkle gelatin over 1/4 cup milk in a small bowl; stir until moistened.
- ☐ Let stand 5 minutes. (
- ☐ Mixture will be lumpy.)
- ☐ Cook whipping cream, chocolate morsels, and sugar in a saucepan over medium-low heat, stirring occasionally, 4 minutes or until morsels are melted and sugar is dissolved.
- ☐ Remove from heat, and add gelatin mixture, stirring until mixture is dissolved. Stir in remaining 1 1/4 cups milk.
- ☐ Pour mixture evenly into 4 to 6 stemmed glasses or 6 (8-oz.) ramekins. Cover and chill 24 hours.
- ☐ Serve with Dark Chocolate Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.68, Glycemic Load:13.1, Inflammation Score:-4, Nutrition Score:4.6465217639571%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 291.97kcal (14.6%), Fat: 21.21g (32.62%), Saturated Fat: 13.21g (82.56%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 21.74g (7.9%), Sugar: 21.61g (24.01%), Cholesterol: 55.3mg (18.43%), Sodium: 53.3mg (2.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 693.52IU (13.87%), Calcium: 132.69mg (13.27%), Vitamin B2: 0.21mg (12.16%), Phosphorus: 112.57mg (11.26%), Vitamin D: 1.31µg (8.7%), Vitamin B12: 0.48µg (7.96%), Selenium: 3.56µg (5.09%), Potassium: 176.23mg (5.04%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.57mg (3.77%), Vitamin B1: 0.05mg (3.49%), Magnesium: 12.77mg (3.19%), Zinc: 0.47mg (3.13%), Vitamin B6: 0.06mg (3%), Vitamin K: 2.84µg (2.71%), Copper: 0.04mg (2.21%), Vitamin B3: 0.21mg (1.04%)