



Yogurt and Brown-Sugar Panna Cotta with Grape Gelée

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar dark packed
- ☐ 2 teaspoons gelatin powder unflavored (from another)
- ☐ 1 cup all natural concord grape juice
- ☐ 2 tablespoons grappa
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups yogurt plain low-fat

- ☐ 6 ounces grapes green red seedless thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 6 servings vegetable oil for greasing ramekins

Equipment

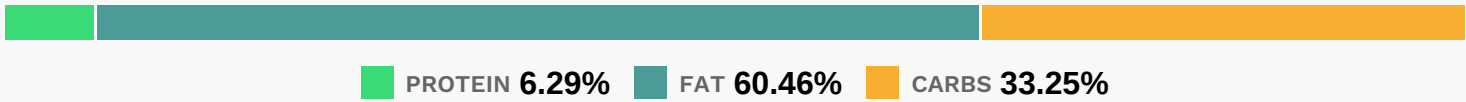
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Sprinkle gelatin over 1/4 cup grape juice in a 1-quart heavy saucepan and let stand 1 minute to soften. Bring to a simmer, stirring until gelatin is dissolved.
- ☐ Remove from heat and stir in remaining 3/4 cup grape juice with lemon juice, grapes, and grappa.
- ☐ Lightly oil ramekins and put in a shallow baking pan. Divide grape mixture among ramekins and chill in freezer until just set, about 30 minutes.
- ☐ Stir together gelatin and 1/4 cup cream in cleaned 1-quart heavy saucepan and let stand 1 minute to soften. Bring to a simmer over moderate heat, stirring until gelatin is dissolved.
- ☐ Add remaining 3/4 cup cream with brown sugar and return to a simmer, stirring until sugar is dissolved.
- ☐ Whisk together yogurt, grappa, and salt until smooth in a large measuring cup, then pour in cream mixture and whisk until combined well.
- ☐ Pour mixture into ramekins (over set gelée) and chill (in refrigerator), covered, until firm, at least 8 hours.
- ☐ To unmold, run a thin sharp knife along edge of each ramekin to loosen, then dip in a small bowl of very warm water 6 seconds. Invert a plate over each ramekin and then invert panna cotta with gelée onto plates, gently lifting off ramekins.

Panna cotta with gelée can be chilled in ramekins, covered, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:2.24, Inflammation Score:-5, Nutrition Score:8.1173912183098%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 444.8kcal (22.24%), Fat: 29.69g (45.68%), Saturated Fat: 12.1g (75.64%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 36.4g (13.24%), Sugar: 35.49g (39.44%), Cholesterol: 49.72mg (16.57%), Sodium: 126.77mg (5.51%), Alcohol: 2.02g (100%), Alcohol %: 1.1% (100%), Protein: 6.95g (13.89%), Vitamin K: 31.49µg (29.99%), Calcium: 199.23mg (19.92%), Vitamin B2: 0.28mg (16.41%), Phosphorus: 153.63mg (15.36%), Vitamin A: 646.98IU (12.94%), Vitamin E: 1.59mg (10.61%), Potassium: 353.97mg (10.11%), Vitamin B12: 0.52µg (8.68%), Manganese: 0.14mg (6.91%), Selenium: 4.66µg (6.66%), Vitamin B5: 0.65mg (6.47%), Magnesium: 24.96mg (6.24%), Zinc: 0.88mg (5.87%), Vitamin B6: 0.1mg (5.03%), Copper: 0.1mg (4.82%), Vitamin B1: 0.07mg (4.77%), Vitamin D: 0.63µg (4.23%), Vitamin C: 2.81mg (3.4%), Folate: 12.22µg (3.06%), Iron: 0.46mg (2.57%), Fiber: 0.35g (1.39%), Vitamin B3: 0.25mg (1.26%)