



Yogurt Panna Cotta

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons gelatin powder unflavored (a)
- ☐ 3 strips orange peel (orange part only; each)
- ☐ 1.7 cups yogurt plain (see notes)
- ☐ 0.5 teaspoon salad oil
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract split
- ☐ 2 cups whipping cream

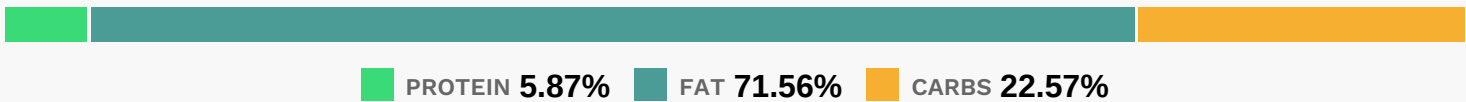
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ In a small bowl, sprinkle gelatin over 1/4 cup cream.
- ☐ Let stand, without stirring, until gelatin is soft, about 10 minutes.
- ☐ Meanwhile, pour remaining 1 3/4 cups cream into a 1- to 2-quart pan over medium heat. Scrape seeds from vanilla bean into cream, then add the bean (if using vanilla extract, add after yogurt, below), sugar, and orange peel; stir until sugar is dissolved and mixture is simmering.
- ☐ Remove from heat.
- ☐ Add gelatin mixture and stir until gelatin is completely dissolved.
- ☐ Pour into a large bowl.
- ☐ Remove vanilla bean and orange peel and let cool 10 minutes.
- ☐ Add yogurt (and vanilla extract, if using) and stir until well blended.
- ☐ Lightly brush a 4-cup tube mold (or eight 1/2-cup molds) with oil; pour cream mixture into mold. Cover and chill until set, 8 hours or up to 2 days.
- ☐ Just before serving, unmold: Gently run a knife between panna cotta and sides of mold to loosen. Invert a plate over mold and, holding plate and mold together, turn over; lift off mold. If panna cotta doesn't slip out easily, immerse mold to just below rim in warm water for about 2 seconds; lift out, dry bottom of mold, and repeat to invert onto plate.

Nutrition Facts



Properties

Glycemic Index:11.14, Glycemic Load:9.18, Inflammation Score:-5, Nutrition Score:4.0691304660362%

Nutrients (% of daily need)

Calories: 287.84kcal (14.39%), Fat: 23.43g (36.05%), Saturated Fat: 14.77g (92.34%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 16.59g (6.03%), Sugar: 16.61g (18.45%), Cholesterol: 73.87mg (24.62%), Sodium:

41.65mg (1.81%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 4.32g (8.65%), Vitamin A: 926.76IU (18.54%), Vitamin B2: 0.19mg (11.15%), Calcium: 102.32mg (10.23%), Phosphorus: 83.48mg (8.35%), Vitamin D: 1µg (6.69%), Selenium: 3.38µg (4.83%), Vitamin B12: 0.28µg (4.73%), Vitamin E: 0.62mg (4.15%), Potassium: 137.03mg (3.92%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.45mg (2.98%), Magnesium: 10.61mg (2.65%), Vitamin K: 2.18µg (2.08%), Vitamin B6: 0.04mg (1.9%), Vitamin B1: 0.03mg (1.83%), Copper: 0.03mg (1.7%), Folate: 6.37µg (1.59%), Vitamin C: 1.12mg (1.36%)