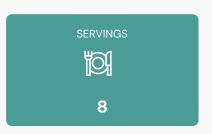


Yogurt Panna Cotta

Gluten Free







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

- 1 teaspoon vanilla extract split
- 2 cups whipping cream

0.5 cup sugar

Equipment

	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 13/4 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		
PROTEIN 5.87% FAT 71.56% CARBS 22.57%		
Properties Glycemic Index:11.14, Glycemic Load:9.18, Inflammation Score:-5, Nutrition Score:4.0691304660362%		

bowl

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:

Nutrients (% of daily need)

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%)