

Yogurt Panna Cotta



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 0.5 envelope gelatin powder unflavored
- ☐ 2.3 teaspoons unflavoured gelatin
- ☐ 16 ounce greek yogurt
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup sieved strawberry purée
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split (and seeds scraped)

☐ 3 tablespoons water

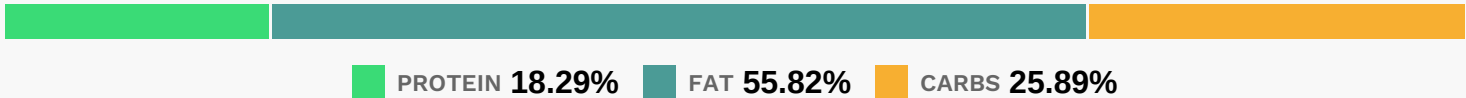
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Sprinkle the gelatin into the water in a bowl and let sit until softened, about 5 minutes. Bring the cream, sugar and vanilla seeds to a simmer in a small sauce pan until the sugar has dissolved.
- ☐ Remove from heat and mix in the gelatin.
- ☐ Whisk the yogurt in a bowl until smooth.
- ☐ Whisk the cream into the yogurt.
- ☐ Pour the mixture into 6 1/2 cup ramekins (or the equivalent) and chill in the fridge for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:10.04, Inflammation Score:-6, Nutrition Score:10.719130329464%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.41mg, Pelargonidin: 14.41mg, Pelargonidin: 14.41mg, Pelargonidin: 14.41mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin:
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg,
Naringenin: 0.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg,
Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 352.39kcal (17.62%), Fat: 22.31g (34.33%), Saturated Fat: 13.82g (86.37%), Carbohydrates: 23.29g (7.76%),
Net Carbohydrates: 22.12g (8.04%), Sugar: 20.85g (23.17%), Cholesterol: 72.9mg (24.3%), Sodium: 64.32mg (2.8%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.89%), Vitamin C: 35.91mg (43.53%), Vitamin B2:
0.45mg (26.67%), Selenium: 14.56µg (20.8%), Phosphorus: 204.17mg (20.42%), Vitamin A: 886.37IU (17.73%),
Calcium: 176.83mg (17.68%), Vitamin B12: 0.89µg (14.82%), Manganese: 0.24mg (11.95%), Potassium: 309.77mg
(8.85%), Folate: 25.93µg (6.48%), Vitamin D: 0.95µg (6.35%), Magnesium: 25.2mg (6.3%), Copper: 0.12mg (6.22%),
Vitamin B6: 0.12mg (6.13%), Vitamin B5: 0.61mg (6.08%), Zinc: 0.83mg (5.56%), Vitamin E: 0.73mg (4.88%), Fiber:
1.17g (4.68%), Vitamin B1: 0.05mg (3.5%), Vitamin K: 3.18µg (3.03%), Vitamin B3: 0.51mg (2.54%), Iron: 0.42mg
(2.34%)