



Yogurt Panna Cotta with Blueberry Compote

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



430 kcal

DESSERT

Ingredients

- 1 pint blueberries
- 4 sheets gelatin powder
- 1.5 cups heavy cream
- 1 tablespoon juice of lemon
- 0.5 lemon zest juiced peeled
- 0.5 cups milk
- 1 tablespoon orange juice
- 0.5 orange zest juiced peeled

- 1 cup sugar
- 2 tablespoons sugar
- 0.3 vanilla pod split
- 0.8 cup live active cultured yogurt (no starch or gelatin types)

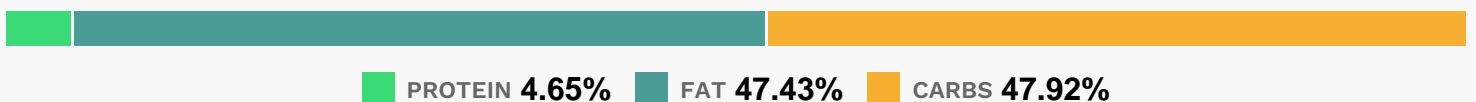
Equipment

- bowl
- sauce pan
- ramekin

Directions

- In a saucepan, heat the milk, sugar, rinds (save the insides for the compote), and vanilla bean simmering until the sugar is dissolved.
- Meanwhile place the gelatin in enough cold water to submerge the gelatin completely, about 1 1/2 cups. Soak the gelatin until softened. Once soft, remove the gelatin from the water, squeezing out excess water.
- Add the gelatin to the hot liquid and stir to melt.
- Let cool slightly then stir in the yogurt. Strain the mixture into a clean bowl. Chill over an ice bath until it starts to thicken. Fold in the whipped cream.
- Pour into individual 4-ounce molds or ramekins, or a large mold or ring mold, and chill for 2 hours. When ready to serve, dip in hot water 10 seconds to remove from the molds and turn them out onto dessert plates.
- To make the compote, place the blueberries, sugar, orange juice and lemon juice in a saucepan and bring just to a boil. Stir the fruit once, turn off the heat and let it stew on its own for 5 minutes.
- Serve cold or at room temperature, spooned around the panna cotta.

Nutrition Facts



Properties

Glycemic Index:48.2, Glycemic Load:30.66, Inflammation Score:-7, Nutrition Score:7.4439130555028%

Flavonoids

Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg, Cyanidin: 6.67mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg, Delphinidin: 27.94mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 429.85kcal (21.49%), Fat: 23.55g (36.24%), Saturated Fat: 14.73g (92.06%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 51.47g (18.72%), Sugar: 49.58g (55.09%), Cholesterol: 73.66mg (24.55%), Sodium: 41.77mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin A: 990.76IU (19.82%), Vitamin K: 17.25µg (16.43%), Vitamin C: 12.55mg (15.21%), Manganese: 0.27mg (13.56%), Vitamin B2: 0.23mg (13.44%), Calcium: 109.92mg (10.99%), Phosphorus: 95.08mg (9.51%), Fiber: 2.06g (8.26%), Vitamin D: 1.21µg (8.04%), Vitamin E: 1.03mg (6.89%), Potassium: 207.34mg (5.92%), Vitamin B12: 0.32µg (5.31%), Selenium: 3.69µg (5.28%), Vitamin B5: 0.46mg (4.61%), Copper: 0.09mg (4.45%), Vitamin B6: 0.09mg (4.45%), Vitamin B1: 0.07mg (4.42%), Magnesium: 16.06mg (4.02%), Zinc: 0.55mg (3.63%), Folate: 11.37µg (2.84%), Vitamin B3: 0.44mg (2.19%), Iron: 0.35mg (1.94%)