



Yogurt Panna Cotta with Fresh Plums

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 10 servings canola oil
- ☐ 2.5 teaspoons gelatin powder unflavored
- ☐ 1.8 cups cup heavy whipping cream divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 small plums ripe thinly sliced
- ☐ 2.3 cups yogurt plain organic (preferably)
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water

Equipment

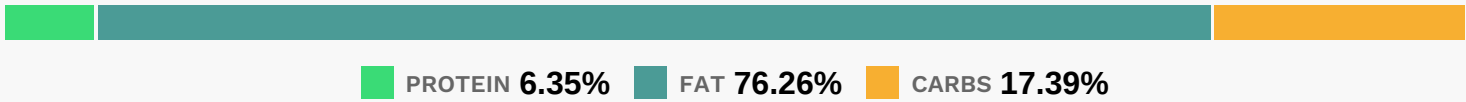
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ cake form

Directions

- ☐ Lightly coat inside of 9-inch cake pan with 1 1/2-inch-high sides with canola oil.
- ☐ Combine 2 tablespoons water and lemon juice in small bowl.
- ☐ Sprinkle gelatin over; stir to blend.
- ☐ Let stand until gelatin softens, about 15 minutes.
- ☐ Whisk yogurt and 3/4 cup cream in large bowl.
- ☐ Combine 1 cup cream and sugar in small saucepan; bring to simmer over medium heat, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add gelatin mixture to hot cream mixture; whisk until gelatin dissolves.
- ☐ Add cream-gelatin mixture to yogurt mixture; whisk to blend.
- ☐ Pour mixture into cake pan. Chill uncovered until cold, then cover and keep refrigerated until panna cotta is set, at least 8 hours or overnight. DO AHEAD: Can be made 2 days ahead. Keep refrigerated.
- ☐ Combine plums, sugar, lemon juice, and lemon peel in medium bowl; toss to coat.
- ☐ Let stand at room temperature until juices form, tossing occasionally, about 30 to 45 minutes. DO AHEAD: Can be made 8 hours ahead. Cover and refrigerate.
- ☐ Using small knife, cut around panna cotta to loosen edges. Fill large bowl with 1 inch of hot water. Dip bottom of pan into hot water to help loosen.
- ☐ Place dessert platter upside-down atop pan; invert panna cotta onto platter. Carefully lift off pan and allow panna cotta to settle onto platter.
- ☐ Cut panna cotta into wedges. Divide among plates.

Serve with plum mixture.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:5.02, Inflammation Score:-5, Nutrition Score:6.4065217427585%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 337.39kcal (16.87%), Fat: 29.27g (45.03%), Saturated Fat: 10.68g (66.76%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 14.46g (5.26%), Sugar: 14.41g (16.01%), Cholesterol: 48.17mg (16.06%), Sodium: 55.87mg (2.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin E: 2.94mg (19.59%), Vitamin A: 752.82IU (15.06%), Calcium: 140.34mg (14.03%), Vitamin K: 13.96µg (13.29%), Vitamin B2: 0.22mg (13%), Phosphorus: 117.55mg (11.75%), Potassium: 244.11mg (6.97%), Vitamin B12: 0.4µg (6.72%), Vitamin C: 5.09mg (6.17%), Selenium: 3.66µg (5.23%), Vitamin B5: 0.52mg (5.16%), Zinc: 0.68mg (4.51%), Vitamin D: 0.67µg (4.44%), Magnesium: 16.5mg (4.13%), Vitamin B1: 0.05mg (3.1%), Copper: 0.06mg (2.91%), Vitamin B6: 0.06mg (2.8%), Folate: 10.86µg (2.72%), Fiber: 0.56g (2.24%), Vitamin B3: 0.26mg (1.31%), Manganese: 0.03mg (1.26%)