ITALIAN · DESSERT

Coffee-Dusted Sugar-Free Panna Cotta

15 min · plus 4–6 hours chilling · Makes 6 × 1 small mould · 277 kcal a portion

Video 3:12 · Sonal's Food

Gluten-free ingredients · Nut-free

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Just cream set with gelatine and sweetened with a stevia–erythritol blend: about 2.5 g net carbs and no added sugar a serve. It is very rich (about 29 g fat), so a small mould is plenty.

Diet notes: Keto (2.5 g net carbs a serve).

Ingredients

7 · MAKES 6 × 1 SMALL MOULD

- [ ] 1/4 cup **water**, for blooming the gelatine
- [ ] 1 1/2 tsp **powdered gelatine**
- [ ] 2 cups **heavy cream**
- [ ] 3 tbsp **Truvia** (stevia–erythritol sweetener)
- [ ] 1 tsp **vanilla essence**
- [ ] a pinch of **salt**
- [ ] a sprinkle of **instant coffee powder** (about 1/4 tsp a mould), to serve

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pour the water into a small bowl, sprinkle over the gelatine and leave it to bloom while you heat the cream. 1:16
2. Put the cream, Truvia, vanilla and salt in a saucepan over low–medium heat and stir until small bubbles appear around the edge and the cream is hot (it doesn't need to boil). 1:28
3. Take it off the heat and stir in the bloomed gelatine until it has completely dissolved. 1:58
4. Pour into 6 small moulds or glasses and refrigerate about 6 hours, until set. 2:02
5. To turn out, dip each mould briefly in warm water, run a knife around the edge and invert onto a plate. Dust with instant coffee through a small sieve just before serving. 2:23

> **Tip** The cook filled 4 moulds but says this rich all-cream mix is better split into 6–8. Leave off the coffee for children, or use another topping you like.

The method is a summary in our words — the video shows every step.

One portion (1 small mould) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
277 kcal	2.4 g	2.5 g	0 g	29 g	60 mg
1,160 kJ	5% of a day	2.5 g net · 2.4 g sugars	0% of a day	18 g saturated	3% of a day
		1% of a day		37% of a day	

Energy from net carbs 4% · protein 3% · fat 93% — fits keto: 2.5 g net carbs, 93% of the energy from fat

High in (20%+ of a day) Vitamin A 37%

Source of (10–19%) Omega-3 15%

Recipe and video: Sonal's Food (@SonalsFood) on YouTube — youtube.com/watch?v=IMH6LTGSyJI, published 5 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-coffee-panna-cotta