

# PROZERO™

Chocolate flavour



## PANNA COTTA

RECIPES FOR THOSE WITH KIDNEY DISEASE



Enhancing Lives Together  
A Nestlé Health Science Company

# PANNA COTTA

PREPARATION  
TIME:  
10  
minutes

COOKING  
TIME:  
10 - 15  
minutes

CHILLING  
TIME:  
3 - 4  
hours

RECIPE  
MAKES:  
4  
portions

## INGREDIENTS

400ml ProZero™ Chocolate flavour  
50g Unsalted butter

50g Caster sugar  
25g Cornflour

You will need 4 ramekin dishes and an electric hand-held blender.

## METHOD

1. Pour the ProZero Chocolate flavour into a small saucepan.
2. Add the butter, sugar and cornflour.
3. Place the pan over a gentle heat and stir well.
4. Keep stirring until the mixture starts to simmer and is thickened.
5. Pour the mixture into a tall container or jug and use an electric hand-held blender to blend for 30 – 40 seconds.
6. Then pour the mixture into the ramekin dishes immediately.
7. Leave to cool, then place into the fridge to set for 3 – 4 hours.

\*Garnish for each portion of Panna Cotta includes: 4 raspberries, 6 blueberries, 1 strawberry and 10g dairy spray cream.

## NUTRITIONAL INFORMATION

		Without garnish		With garnish*	
Nutrient		per portion	per 100g	per portion	per 100g
Calories	kcal	216	165	254	140
Protein	g	0.1	0	0.7	0.4
Sodium	mg/mmol	19 / 0.8	15 / 0.6	23 / 1.0	13 / 0.5
Potassium	mg/mmol	20 / 0.5	16 / 0.4	87 / 2.2	48 / 1.2
Phosphorus	mg/mmol	8.0 / 0.3	6.0 / 0.2	24 / 0.8	13 / 0.4
Calcium	mg/mmol	8.0 / 0.2	6.0 / 0.2	21 / 0.5	12 / 0.3

Always check with your dietitian or doctor that this recipe is suitable for you.

ProZero Chocolate flavour is a Food for Special Medical Purposes and must be used under medical supervision. ProZero Chocolate flavour is suitable from 3 years of age onwards and must only be given to patients with inborn errors of protein metabolism or kidney disease under strict medical supervision. ProZero Chocolate flavour contains milk products.

Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimen dietary analysis software.

## DIETITIAN'S NOTES

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