



Cassata

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



936 kcal

SIDE DISH

Ingredients

- ☐ 15.5 ounce pineapple crushed canned
- ☐ 8 servings garnishes: cherries whole chopped
- ☐ 8 servings chocolate fudge sauce
- ☐ 0.5 gallon neapolitan ice cream softened
- ☐ 16 ounce maraschino cherries
- ☐ 1 cup pecans toasted chopped
- ☐ 2 tablespoons sugar divided
- ☐ 1 teaspoon vanilla extract

☐ 2 cups whipping cream divided

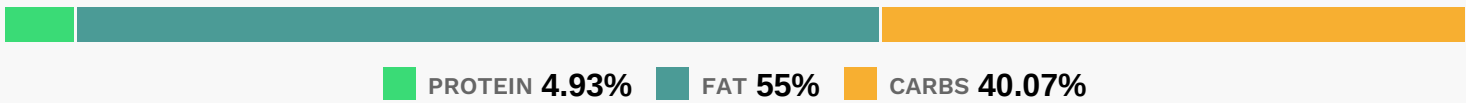
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Spread a 1/2-inch-thick layer of ice cream into bottom and up sides of a plastic wrap-lined 2-quart bowl. Cover and freeze 2 hours.
- ☐ Drain cherries and pineapple; chop cherries. Pat fruit dry with paper towels.
- ☐ Combine fruit, 1 cup pecans, and vanilla, tossing to coat.
- ☐ Beat 1 cup whipping cream and 1 tablespoon sugar at high speed with an electric mixer until stiff peaks form. Fold in fruit mixture; spread evenly over ice cream layer. Cover and freeze 8 hours.
- ☐ Remove from freezer; let stand 20 minutes. Invert Cassata onto a cold serving dish.
- ☐ Let stand 10 more minutes.
- ☐ Beat remaining 1 cup whipping cream and remaining 1 tablespoon sugar until stiff peaks form.
- ☐ Drizzle Cassata with chocolate sauce; dollop with whipped cream.
- ☐ Garnish, if desired, and serve immediately.
- ☐ Note: If preparing ahead, remove Cassata from bowl, and return to freezer until ready to serve.
- ☐ Let stand 30 minutes before serving. Top with chocolate sauce and whipped cream; garnish, if desired.
- ☐ Prep: 20 min., Freeze: 10 hrs, Stand: 30 min.

Nutrition Facts



Properties

Glycemic Index:18.89, Glycemic Load:35.21, Inflammation Score:-8, Nutrition Score:17.407391237176%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 936.1kcal (46.8%), Fat: 58.31g (89.71%), Saturated Fat: 30.72g (192%), Carbohydrates: 95.6g (31.87%), Net Carbohydrates: 89.98g (32.72%), Sugar: 85.71g (95.24%), Cholesterol: 171.34mg (57.11%), Sodium: 211.69mg (9.2%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 11.76g (23.53%), Vitamin B2: 0.71mg (41.89%), Calcium: 392.32mg (39.23%), Vitamin A: 1931.87IU (38.64%), Manganese: 0.69mg (34.47%), Phosphorus: 329.98mg (33%), Fiber: 5.62g (22.47%), Potassium: 670.95mg (19.17%), Copper: 0.38mg (19.02%), Zinc: 2.65mg (17.66%), Vitamin B1: 0.26mg (17.46%), Vitamin B12: 1.02µg (16.97%), Vitamin B5: 1.68mg (16.84%), Magnesium: 66.03mg (16.51%), Vitamin B6: 0.21mg (10.47%), Vitamin E: 1.53mg (10.18%), Selenium: 6.97µg (9.96%), Vitamin D: 1.43µg (9.5%), Vitamin C: 7.1mg (8.61%), Iron: 1.06mg (5.86%), Folate: 20.21µg (5.05%), Vitamin K: 4.39µg (4.18%), Vitamin B3: 0.65mg (3.23%)