



WHATSheATE



Cassata



Gluten Free

READY IN



680 min.

SERVINGS



1

CALORIES



2659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup golden raisins chopped
- ☐ 1 cup whipped cream softened
- ☐ 1 cup whipped cream softened
- ☐ 16 ounces round cake
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 cup rum
- ☐ 0.3 cup whipping cream (heavy)

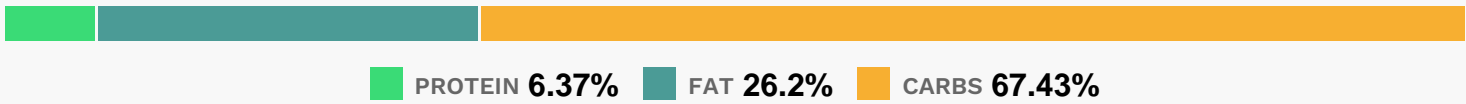
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Place loaf pan 8 1/2x4 1/2x2 1/2 inches, in freezer.
- ☐ Pour rum over candied fruit; let stand 1 hour.
- ☐ Remove loaf pan from freezer.
- ☐ Spread coffee ice cream in pan; freeze about 1 hour until firm.
- ☐ Cut cake into rectangle about 2 inches thick to fit loaf pan, 8 1/2x4 1/2 inches.
- ☐ Drain fruit, reserving rum.
- ☐ Drizzle reserved rum over cake; set aside.
- ☐ Spread maple nut ice cream over ice cream in pan; freeze about 1 hour until firm.
- ☐ Beat whipping cream and powdered sugar in chilled small bowl with electric mixer on high speed until stiff. Fold in candied fruit.
- ☐ Spread whipping cream mixture over ice cream in pan. Top with rum-soaked cake, cutting pieces to fit pan. Cover and freeze about 8 hours or until firm. Loosen edges of cake from pan with knife; turn upside down to unmold cake.

Nutrition Facts



Properties

Glycemic Index:193.67, Glycemic Load:67.9, Inflammation Score:-9, Nutrition Score:45.889999783557%

Flavonoids

Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 2658.9kcal (132.95%), Fat: 70.26g (108.09%), Saturated Fat: 39.92g (249.5%), Carbohydrates: 406.88g (135.63%), Net Carbohydrates: 399.87g (145.41%), Sugar: 275.49g (306.1%), Cholesterol: 668.47mg (222.82%), Sodium: 3068.56mg (133.42%), Alcohol: 40.08g (100%), Alcohol %: 5.09% (100%), Protein: 38.44g (76.89%), Vitamin B2: 2.15mg (126.34%), Phosphorus: 1032.81mg (103.28%), Vitamin B1: 1.24mg (82.62%), Iron: 14.01mg (77.81%), Calcium: 746.3mg (74.63%), Selenium: 48.96µg (69.95%), Manganese: 1.22mg (60.98%), Vitamin A: 2976.17IU (59.52%), Folate: 231.74µg (57.93%), Vitamin B3: 9.95mg (49.77%), Potassium: 1593.19mg (45.52%), Vitamin B5: 4.01mg (40.06%), Vitamin B12: 2.25µg (37.42%), Copper: 0.64mg (31.98%), Vitamin B6: 0.63mg (31.29%), Zinc: 4.61mg (30.71%), Magnesium: 117.78mg (29.45%), Fiber: 7.02g (28.06%), Vitamin D: 2.7µg (18.03%), Vitamin E: 2.7mg (17.98%), Vitamin K: 6.78µg (6.45%), Vitamin C: 4.38mg (5.31%)