



Cassata

 Gluten Free

READY IN



680 min.

SERVINGS



5

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

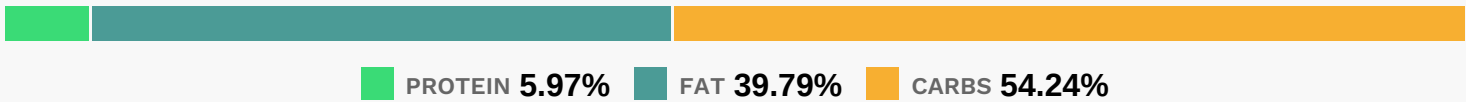
Equipment

- ☐ 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:28.53, Glycemic Load:9.98, Inflammation Score:-5, Nutrition Score:13.103478151819%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin:

0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 613.95kcal (30.7%), Fat: 25.4g (39.08%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 77.9g (25.97%), Net Carbohydrates: 74.78g (27.19%), Sugar: 50.29g (55.87%), Cholesterol: 122.08mg (40.69%), Sodium: 592.59mg (25.76%), Alcohol: 8.02g (100%), Alcohol %: 5.27% (100%), Protein: 8.58g (17.16%), Manganese: 1.13mg (56.64%), Vitamin B1: 0.37mg (24.51%), Phosphorus: 233.69mg (23.37%), Vitamin B2: 0.39mg (23.05%), Iron: 3.28mg (18.21%), Copper: 0.36mg (17.97%), Selenium: 10.07µg (14.39%), Calcium: 129.33mg (12.93%), Fiber: 3.12g (12.48%), Folate: 49.38µg (12.35%), Vitamin B3: 2.19mg (10.96%), Magnesium: 43.82mg (10.95%), Zinc: 1.64mg (10.91%), Potassium: 347.28mg (9.92%), Vitamin A: 495.18IU (9.9%), Vitamin B5: 0.82mg (8.19%), Vitamin B6: 0.15mg (7.7%), Vitamin B12: 0.35µg (5.77%), Vitamin E: 0.74mg (4.92%), Vitamin D: 0.49µg (3.25%), Vitamin K: 1.97µg (1.88%), Vitamin C: 0.94mg (1.13%)