



Cassata alla Siciliana (Sicilian Cream Tart)

READY IN



45 min.

SERVINGS



8

CALORIES



628 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.5 cup almonds toasted chopped
- 0.3 cup butter
- 1 cup cake flour
- 0.3 cup candied cherries chopped
- 2 ounce chocolate sweet grated
- 2.5 cups confectioners' sugar
- 2 egg whites
- 6 eggs

- 0.5 teaspoon ground cinnamon
- 1.5 tablespoons juice of lemon
- 1.5 tablespoons orange zest
- 1.5 pounds ricotta cheese
- 0.3 cup rum
- 0.5 teaspoon salt
- 2 tablespoons cooking sherry
- 0.5 cup sugar white

Equipment

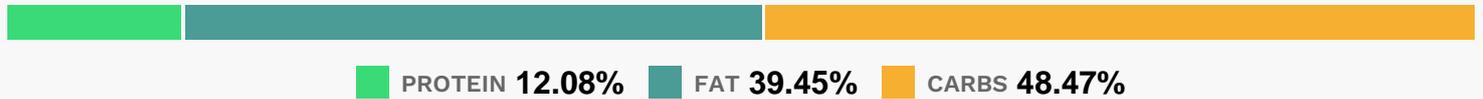
- frying pan
- oven
- wire rack
- potato masher

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- To Make Pan di Spagna (Sponge Cake): Have the following ingredients at room temperature for at least one hour before baking; 6 eggs, lemon juice, orange zest, and sherry.
- Separate 6 eggs and set the egg whites aside. Beat egg yolks until thick and lemon colored. Beat in sugar, lemon juice, orange zest, and sherry or 1 teaspoon almond extract. Beat until foamy.
- Sift flour 3 times and fold into eggs yolks gently but thoroughly. Beat egg whites until foamy, add salt, and beat until stiff but not dry. Fold into yolks.
- Pour batter into one ungreased 9 inch spring form pan.
- Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes. Test by pressing lightly with finger tip, if cake springs back at once it is done. Leave cake in pan to cool, and invert on a wire rack.
- Once cake is completely cool slice into 3 layers and sprinkle layers with rum.

- To Make Filling: Crush ricotta very finely with hands or a potato masher, add 1/2 cup confectioner's sugar and beat for about 3 minutes until creamy. Stir in 6 tablespoons rum, grated sweet chocolate, chopped candied cherries, cinnamon and toasted almonds.
- Spread ricotta filling over sponge cake layers, using half-inch of filling on each layer. Leave the top and sides of cake plain.
- To Make Frosting: Cream butter with 1 cup sifted confectioners' sugar. Beat the 2 egg whites until stiff and gradually beat into the egg whites the remaining 1 1/2 cups confectioners' sugar. Fold egg whites into the butter mixture and add fold in 1 teaspoon almond extract.
- Cover sides and top cake evenly with frosting. Store in refrigerator until ready to serve.
- Serves 1

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:18.52, Inflammation Score:-5, Nutrition Score:12.689999880998%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 628.35kcal (31.42%), Fat: 27.15g (41.77%), Saturated Fat: 13.54g (84.6%), Carbohydrates: 75.05g (25.02%), Net Carbohydrates: 72.93g (26.52%), Sugar: 56.29g (62.54%), Cholesterol: 181.39mg (60.46%), Sodium: 324.5mg (14.11%), Alcohol: 3.06g (100%), Alcohol %: 1.65% (100%), Caffeine: 4.68mg (1.56%), Protein: 18.71g (37.41%), Selenium: 31.12µg (44.46%), Vitamin B2: 0.49mg (28.98%), Phosphorus: 272.65mg (27.27%), Calcium: 229.06mg (22.91%), Manganese: 0.41mg (20.48%), Vitamin E: 2.98mg (19.89%), Vitamin A: 739.6IU (14.79%), Zinc: 1.96mg (13.06%), Magnesium: 51.26mg (12.81%), Copper: 0.21mg (10.61%), Vitamin B12: 0.6µg (10.03%), Folate: 36.47µg (9.12%), Iron: 1.64mg (9.12%), Fiber: 2.12g (8.5%), Vitamin B5: 0.84mg (8.36%), Potassium: 260.86mg (7.45%), Vitamin B6: 0.12mg (5.99%), Vitamin D: 0.83µg (5.53%), Vitamin B1: 0.06mg (3.99%), Vitamin B3: 0.67mg (3.36%), Vitamin C: 2.62mg (3.18%), Vitamin K: 2.08µg (1.98%)