

Christmas Cassata

 Gluten Free

READY IN



190 min.

SERVINGS



16

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter firm cut into pieces
- ☐ 0.3 cup currants
- ☐ 6 tablespoons orange juice sweet
- ☐ 16 ounces round cake
- ☐ 15 ounces ricotta cheese
- ☐ 12 ounces semi chocolate chips (2 cups)
- ☐ 16.5 ounces cherries dark sweet pitted drained canned
- ☐ 0.5 cup non-dairy whipped topping frozen thawed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Place currants and 3 tablespoons of reserved cherry syrup in small bowl; reserve 1/2 cup cherry syrup.
- ☐ Let stand about 15 minutes or until currants are softened; drain. Coarsely chop cherries; set aside.
- ☐ Place ricotta cheese, whipped topping and 3 tablespoons of the wine in food processor or blender. Cover and process until smooth.
- ☐ Transfer to medium bowl; fold in cherries and currants.
- ☐ Cut pound cake horizontally into 3 layers.
- ☐ Place bottom layer on serving dish.
- ☐ Spread with half of the ricotta mixture.
- ☐ Add middle cake layer.
- ☐ Spread with remaining ricotta mixture.
- ☐ Add top cake layer. Cover with plastic wrap and refrigerate about 2 hours or until ricotta mixture is firm.
- ☐ Melt chocolate chips in 2-quart saucepan over low heat, stirring frequently. Stir in remaining 3 tablespoons wine and reserved 1/2 cup cherry syrup until smooth; remove from heat. Beat in butter, a few pieces at a time, using wire whisk, until melted. Refrigerate about 45 minutes or until thick enough to spread.
- ☐ Spread chocolate mixture over top and sides of dessert. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:8.1504347842673%

Flavonoids

Cyanidin: 8.83mg, Cyanidin: 8.83mg, Cyanidin: 8.83mg, Cyanidin: 8.83mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 388.81kcal (19.44%), Fat: 24.17g (37.18%), Saturated Fat: 9.77g (61.03%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 34.98g (12.72%), Sugar: 24.98g (27.76%), Cholesterol: 43.79mg (14.6%), Sodium: 337.9mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 6.48g (12.96%), Manganese: 0.38mg (18.91%), Copper: 0.32mg (15.9%), Phosphorus: 151.3mg (15.13%), Vitamin A: 715.43IU (14.31%), Iron: 2.39mg (13.29%), Magnesium: 49.05mg (12.26%), Selenium: 8.3µg (11.86%), Fiber: 2.6g (10.41%), Calcium: 101.11mg (10.11%), Vitamin B2: 0.16mg (9.51%), Potassium: 285.82mg (8.17%), Zinc: 1.05mg (7.02%), Vitamin B1: 0.1mg (6.63%), Vitamin C: 5.4mg (6.55%), Folate: 20.11µg (5.03%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.88mg (4.39%), Vitamin B12: 0.22µg (3.59%), Vitamin B5: 0.34mg (3.39%), Vitamin B6: 0.06mg (3.05%), Vitamin K: 2.67µg (2.55%)