



## Christmas Cassata

 Gluten Free

READY IN



190 min.

SERVINGS



16

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

# 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



 **PROTEIN 6.61%**  **FAT 55.03%**  **CARBS 38.36%**

Properties

Glycemic Index:7.88, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:8.226956502251%

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: 387.05kcal (19.35%), Fat: 23.98g (36.89%), Saturated Fat: 9.57g (59.8%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 35g (12.73%), Sugar: 24.8g (27.56%), Cholesterol: 44.12mg (14.71%), 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 (15.91%), Phosphorus: 151.16mg (15.12%), Vitamin A: 717.8IU (14.36%), Iron: 2.39mg (13.28%), Magnesium: 49.07mg (12.27%), Selenium: 8.32µg (11.88%), Fiber: 2.61g (10.44%), Vitamin B2: 0.17mg (10.24%), Calcium: 101.97mg (10.2%), Potassium: 285.98mg (8.17%), Zinc: 1.06mg (7.06%), Vitamin B1: 0.1mg (6.83%), Vitamin C: 5.4mg (6.55%), Folate: 20.44µg (5.11%), Vitamin E: 0.69mg (4.61%), Vitamin B3: 0.88mg (4.42%), Vitamin B12: 0.25µg (4.09%), Vitamin B5: 0.34mg (3.39%), Vitamin B6: 0.06mg (3.17%), Vitamin K: 2.61µg (2.48%)