



Italian Cassata Cake

 Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



433 kcal

DESSERT

Ingredients

- 0.3 cup currants dried
- 2 tablespoons heavy cream
- 12 ounce round cake prepared
- 1 pint ricotta cheese
- 1 ounce bittersweet chocolate chopped
- 16.5 ounce cherries dark sweet with syrup reserved pitted drained canned
- 1 cup butter unsalted
- 0.3 cup sugar white

Equipment

- food processor
- bowl
- paper towels
- sauce pan
- whisk
- spatula
- pastry bag

Directions

- Combine dried currants and 2 tablespoons Marsala in small bowl.
- Let soak for 15 minutes.
- Drain cherries and cut into eighths; drain on paper towels.
- Drain currants.
- In a food processor, puree ricotta cheese, sugar, 3 tablespoons Marsala and whipping cream until smooth.
- Transfer to medium bowl. Gently mix in currants and cherries.
- Peel any loose crust from pound cake and discard.
- Cut pound cake lengthwise into 3 horizontal layers.
- Place bottom layer on serving platter.
- Spread half of filling over.
- Place second pound cake layer on top of filling.
- Spread remaining filling over. Arrange third pound cake layer on top of filling. Smooth sides with rubber spatula. Refrigerate cassata until filling is firm, about 2 hours.
- Combine 1/2 cup reserved cherry syrup, semisweet chocolate and 1/4 cup Marsala in heavy medium saucepan. Stir over low heat until chocolate melts and mixture is smooth.
- Remove from heat.
- Add unsalted butter a few pieces at a time and whisk until melted. Refrigerate frosting until thickened to spreading consistency, stirring occasionally, about 20 minutes.

- Slide sheets of waxed paper under edges of cassata to protect the serving dish. Put 1 cup chocolate frosting to pastry bag fitted with medium star tip.
- Spread remaining chocolate frosting over sides and top of cassata. Pipe frosting in pastry bag in swirls on long sides and in rosettes along upper edges of cassata. Refrigerate for several hours until set.
- Let cassata stand at room temperature 20 minutes before serving.

Nutrition Facts

PROTEIN 7.48%

FAT 56.44%

CARBS 36.08%

Properties

Glycemic Index:14.41, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:7.3934782691624%

Flavonoids

Cyanidin: 14.13mg, Cyanidin: 14.13mg, Cyanidin: 14.13mg, Cyanidin: 14.13mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 433kcal (21.65%), Fat: 27.76g (42.71%), Saturated Fat: 17.19g (107.47%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.35g (13.94%), Sugar: 27.72g (30.8%), Cholesterol: 111.2mg (37.07%), Sodium: 257.39mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.55%), Vitamin A: 909.18IU (18.18%), Selenium: 10.58µg (15.11%), Phosphorus: 150.5mg (15.05%), Calcium: 141.3mg (14.13%), Vitamin B2: 0.22mg (13.04%), Iron: 1.55mg (8.63%), Manganese: 0.17mg (8.41%), Vitamin B1: 0.11mg (7.45%), Potassium: 248.98mg (7.11%), Fiber: 1.59g (6.36%), Folate: 24.82µg (6.2%), Zinc: 0.88mg (5.84%), Copper: 0.11mg (5.65%), Magnesium: 21.47mg (5.37%), Vitamin E: 0.74mg (4.95%), Vitamin B12: 0.29µg (4.85%), Vitamin B3: 0.89mg (4.45%), Vitamin C: 3.52mg (4.26%), Vitamin B5: 0.4mg (4%), Vitamin B6: 0.08mg (3.89%), Vitamin D: 0.55µg (3.67%), Vitamin K: 3.62µg (3.45%)