

SIDE DISH

Lemon Meringue Cassata

22 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
20 min	20 min	8	\$1.12	261 kcal

Lemon Meringue Cassata takes around 20 minutes from beginning to end. One serving contains 261 calories, 4g of protein, and 9g of fat. For \$1.12 per serving, you get a side dish that serves 8. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 8 servings Lemon Curd
- ☐ 3 tablespoons grated lemon rind
- ☐ 1 pint vanilla ice cream, softened
- ☐ 8 servings Meringue
- ☐ 8 servings Garnishes: lemon rind curls, fresh mint leaves
- ☐ 1 pint lemon sorbet, softened
- ☐ 8 servings Meringue

EQUIPMENT Bowl, Frying pan, Knife, Hand mixer, Aluminum foil, Microwave

Method

- 1

Prepare Meringue.
- 2

Line a 9- x 5-inch loafpan with nonstick aluminum foil, allowing edges of foil to extend over sides of pan. Press foil smoothly into corners and along sides of pan.
- 3

Spread ice cream in prepared pan. Freeze 30 minutes or until firm.
- 4

Meanwhile, prepare Lemon Curd.
- 5

Pour curd over ice cream, spreading in a smooth layer. Freeze, uncovered, 1 hour or until firm.

- 6 Top frozen Lemon Curd with 1 meringue rectangle. Return cassata to freezer.
- 7 Stir lemon rind into lemon sorbet.
- 8 Spread sorbet mixture in a smooth layer over meringue layer in pan. Top with remaining meringue layer. Gently press meringue slightly into sorbet mixture. Freeze, uncovered, 1 hour or until firm.
- 9 To serve, cut cassata into 8 slices.
- 10 Garnish, if desired. Store, covered, in freezer.
- 11 Tip: To quickly soften ice cream or sorbet: uncover container, and microwave at HIGH 20 seconds. Spoon into a medium bowl, and beat at low speed with an electric mixer until smooth.
- 12 Tip: An electric knife works especially well to slice through the different layers of this dessert.

Nutrition per serving

261	4 g	9 g	42 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.1 g · 32% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			35.3 g · 39% of daily needs
Sodium			144 mg · 6% of daily needs
Cholesterol			26 mg · 9% of daily needs
Vitamin C			3.6 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/lemon-meringue-cassata-144450