



Mini Cassata Cakes

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon amaretto
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons candied orange peel finely chopped (available at candy shops and at specialty food shops)
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 cup ricotta fresh
- ☐ 3 tablespoons granulated sugar
- ☐ 30 servings orange zest finely grated for garnish
- ☐ 1 round cake with a cookie cutter sliced cut into twelve 2 1/2-inch rounds

☐ 1 tablespoon butter unsalted

Equipment

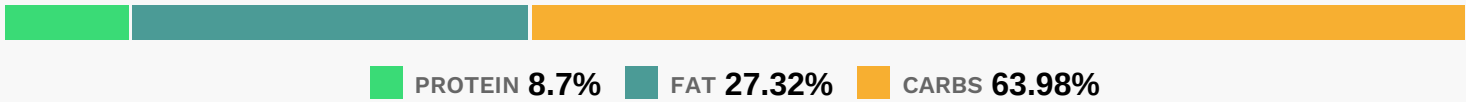
☐ food processor

☐ frying pan

Directions

- ☐ In a mini food processor, combine the ricotta with the confectioners' sugar and amaretto and puree until very smooth.
- ☐ Add half of the chocolate and candied orange peel and pulse just to combine.
- ☐ Spread the granulated sugar on a small plate. Lightly press both sides of each pound cake round into the sugar to coat, tapping off the excess sugar. In a large nonstick skillet, melt half of the butter.
- ☐ Add the sugared pound cake rounds in 2 batches, using the remaining butter, and cook over moderate heat, turning once, until the rounds are golden and the sugar is caramelized, about 1 minute per side.
- ☐ Transfer the rounds to a rack to cool slightly.
- ☐ Place 6 rounds on plates and top with half of the ricotta mixture. Top with the remaining rounds and ricotta mixture.
- ☐ Sprinkle the remaining chocolate and candied orange peel on top and garnish with orange zest.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:0.91, Inflammation Score:-2, Nutrition Score:2.9039130755093%

Nutrients (% of daily need)

Calories: 80.72kcal (4.04%), Fat: 2.48g (3.81%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 11.56g (4.2%), Sugar: 7.06g (7.85%), Cholesterol: 15.53mg (5.18%), Sodium: 70.87mg (3.08%), Alcohol: 0.13g (100%), Alcohol %: 0.46% (100%), Protein: 1.77g (3.55%), Vitamin C: 16.32mg (19.78%), Fiber: 1.49g (5.96%), Calcium: 44.92mg (4.49%), Selenium: 2.41µg (3.44%), Phosphorus: 34.39mg (3.44%), Vitamin B2: 0.06mg

(3.25%), Iron: 0.52mg (2.9%), Vitamin B1: 0.04mg (2.69%), Manganese: 0.05mg (2.39%), Folate: 9.31µg (2.33%), Vitamin A: 115.38IU (2.31%), Copper: 0.04mg (2.16%), Magnesium: 8.04mg (2.01%), Vitamin B3: 0.33mg (1.63%), Potassium: 55.58mg (1.59%), Vitamin B6: 0.03mg (1.53%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.13mg (1.3%)