



Apricot & almond fruitcake

 Vegetarian

READY IN



115 min.

SERVINGS



12

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 140 g golden raisins
- ☐ 4 tbsp cooking sherry
- ☐ 250 g butter softened for greasing
- ☐ 250 g brown sugar light soft
- ☐ 1 tsp vanilla extract
- ☐ 3 large eggs beaten
- ☐ 200 g flour plain
- ☐ 1 tsp double-acting baking powder

- ☐ 100 g almond flour
- ☐ 50 g almonds flaked toasted
- ☐ 140 g apricot dried chopped
- ☐ 140 g candied orange peel mixed
- ☐ 1 lemon zest
- ☐ 1 orange zest

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Mix the sultanas and sherry and set aside for 1 hr to soak.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease a deep, 23cm loose-bottomed cake tin, and line the base and sides with a double layer of baking parchment that comes about 2.5cm above the sides of the tin. In your largest mixing bowl, beat the butter, sugar and vanilla together until pale and fluffy. Beat in the eggs one by one.
- ☐ Stir in the flour, baking powder, and the ground and flaked almonds. Next, add the soaked sultanas with any remaining sherry, the dried apricots, the mixed peel, and all the zest and juice.
- ☐ Scrape into the cake tin, smoothing out the surface.
- ☐ Bake on the middle shelf of the oven for 1 hr 25 mins. Poke with a skewer in the centre to check it is cooked if the skewer comes out with any uncooked mixture stuck to it, bake for 10 mins more before checking again. Cool in the tin. Decorated, or wrapped in greaseproof paper and foil, the cake will keep for up to a month.

Nutrition Facts



 **PROTEIN 5.6%**  **FAT 44.21%**  **CARBS 50.19%**

Properties

Glycemic Index:27.67, Glycemic Load:16.51, Inflammation Score:-6, Nutrition Score:8.7547825678535%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 485.72kcal (24.29%), Fat: 24.58g (37.81%), Saturated Fat: 11.6g (72.48%), Carbohydrates: 62.76g (20.92%), Net Carbohydrates: 59.25g (21.54%), Sugar: 43.45g (48.28%), Cholesterol: 91.29mg (30.43%), Sodium: 212.89mg (9.26%), Alcohol: 0.64g (100%), Alcohol %: 0.64% (100%), Protein: 7.01g (14.01%), Vitamin A: 1015.3IU (20.31%), Manganese: 0.31mg (15.44%), Selenium: 10.54µg (15.06%), Vitamin E: 2.22mg (14.79%), Fiber: 3.52g (14.08%), Vitamin B2: 0.23mg (13.37%), Iron: 2.22mg (12.34%), Folate: 40.97µg (10.24%), Calcium: 100.49mg (10.05%), Phosphorus: 100.5mg (10.05%), Vitamin B1: 0.15mg (9.99%), Potassium: 334.3mg (9.55%), Copper: 0.17mg (8.67%), Vitamin B3: 1.63mg (8.15%), Magnesium: 27.93mg (6.98%), Vitamin B6: 0.1mg (5.15%), Vitamin B5: 0.42mg (4.2%), Zinc: 0.53mg (3.55%), Vitamin C: 2.49mg (3.02%), Vitamin B12: 0.15µg (2.44%), Vitamin K: 2.37µg (2.26%), Vitamin D: 0.25µg (1.67%)