

Apricot Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



455 kcal

DESSERT

Ingredients

- 0.5 cup all-natural apricot nectar
- 0.5 teaspoon baking soda
- 0.8 cup butter
- 1 pound candied cherries green red
- 1 cup apricots dried
- 1 pound fruit mixed dried
- 4 eggs
- 2 cups flour all-purpose divided

- 1 cup golden raisins
- 6 slices candied pineapple
- 0.5 teaspoon salt
- 1 cup walnuts chopped
- 1 cup water
- 1 cup sugar white

Equipment

- bowl
- sauce pan
- oven
- sieve

Directions

- Preheat oven to 275 degrees F (135 degrees C). Grease two 9 inch tube pans.
- In a saucepan over medium heat cook apricots in the water until they are mushy. Press them through a sieve and let them cool.
- Separate the eggs. Beat the egg yolks until lemony colored. Then beat the egg whites until stiff peaks are formed. Set aside.
- Cream the butter or margarine and sugar together.
- Add the beaten egg yolks and the apricots, and mix thoroughly.
- Combine the raisins, candied cherries, candied pineapple, and mixed dried fruits in a bowl coated with one cup of the flour.
- Combine the remaining flour, baking soda, and salt.
- Add this flour mixture alternately to the creamed mixture with the apricot juice. Blend this batter into the mixed fruits.
- Add the chopped pecans or walnuts and fold in the beaten egg whites. Turn the batter into the prepared pans.
- Bake at 275 degrees F (135 degrees C) for 2 hours.
- Garnish cakes with candied pineapples and cherries. Makes about 24 servings.

Nutrition Facts

PROTEIN 4.92% FAT 28.75% CARBS 66.33%

Properties

Glycemic Index:21.01, Glycemic Load:27.59, Inflammation Score:-6, Nutrition Score:9.5956522329994%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 454.89kcal (22.74%), Fat: 15.1g (23.23%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 78.4g (26.13%), Net Carbohydrates: 73.48g (26.72%), Sugar: 50.28g (55.86%), Cholesterol: 63.8mg (21.27%), Sodium: 197.6mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Manganese: 0.55mg (27.7%), Fiber: 4.91g (19.65%), Copper: 0.29mg (14.7%), Vitamin A: 725.84IU (14.52%), Selenium: 9.63µg (13.75%), Vitamin B1: 0.18mg (12.24%), Potassium: 427.32mg (12.21%), Iron: 2.1mg (11.68%), Vitamin B2: 0.19mg (11.31%), Folate: 44.98µg (11.25%), Magnesium: 42.17mg (10.54%), Phosphorus: 102.11mg (10.21%), Vitamin B3: 1.52mg (7.6%), Calcium: 74.96mg (7.5%), Vitamin B6: 0.14mg (6.96%), Vitamin E: 0.92mg (6.13%), Vitamin K: 6.11µg (5.82%), Zinc: 0.74mg (4.93%), Vitamin B5: 0.48mg (4.76%), Vitamin C: 3.17mg (3.84%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.22µg (1.47%)