

## Boiled Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



983 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup butter
- 12 ounces fruit jell-o® mix mixed
- 2 ounces candied citrus peel mixed
- 2 eggs
- 5 ounces glacé cherries roughly chopped
- 1 teaspoon ground allspice
- 1 cup milk

- 12 ounces self-rising flour sifted
- 2 ounces walnuts chopped
- 1.5 cups sugar white

## Equipment

- frying pan
- sauce pan
- baking paper
- oven
- wire rack
- cake form
- aluminum foil

## Directions

- Preheat oven to 325 degrees F (160 degrees C). Line one 8 inch deep sided cake tin with parchment paper.
- Place the fruit cherries, peel, walnuts, sugar, butter or margarine, mixed spice, baking soda and milk in a medium sized saucepan. Bring to a boil and simmer for 5 minutes.
- Let mixture cool to body temperature.
- Stir in the flour and the eggs.
- Pour batter into the prepared pan. Wrap outside of pan with brown paper or newspaper.
- Bake at 325 degrees F (160 degrees C) for 40 minutes then reduce temperature to 300 degrees F (150 degrees C) and continue to baking cake for 1-1/2 hours.
- Remove cake from oven and allow it to cool in tin for 5 minutes then turn it out onto a cooling rack, remove greaseproof paper and leave until cool. Cake can be stored for up to 6 months wrapped in foil and in an air tight tin.

## Nutrition Facts



PROTEIN 4.8%  FAT 29.89%  CARBS 65.31%

## Properties

Glycemic Index:43.35, Glycemic Load:62.43, Inflammation Score:-5, Nutrition Score:11.710869529973%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

## Nutrients (% of daily need)

Calories: 983.01kcal (49.15%), Fat: 33.08g (50.89%), Saturated Fat: 16.53g (103.3%), Carbohydrates: 162.6g (54.2%), Net Carbohydrates: 157.73g (57.36%), Sugar: 98.12g (109.02%), Cholesterol: 120.45mg (40.15%), Sodium: 354.16mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Selenium: 28.9µg (41.28%), Manganese: 0.8mg (39.99%), Fiber: 4.87g (19.47%), Vitamin A: 903.88IU (18.08%), Phosphorus: 165.47mg (16.55%), Calcium: 162.62mg (16.26%), Copper: 0.27mg (13.62%), Iron: 2.43mg (13.49%), Vitamin B2: 0.19mg (11.22%), Magnesium: 37.14mg (9.29%), Folate: 35.84µg (8.96%), Zinc: 1.17mg (7.79%), Vitamin E: 1.13mg (7.53%), Vitamin B1: 0.11mg (7.2%), Vitamin B5: 0.71mg (7.1%), Vitamin B12: 0.4µg (6.64%), Vitamin B6: 0.12mg (6.15%), Potassium: 196.19mg (5.61%), Vitamin D: 0.74µg (4.94%), Vitamin B3: 0.75mg (3.74%), Vitamin K: 2.61µg (2.48%), Vitamin C: 1.61mg (1.96%)