



## Brandied Fruit Logs

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



207 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 teaspoon baking soda
- 1.5 cups brandy
- 1.5 cups brown sugar packed
- 0.5 cup butter softened
- 1.5 cups candied cherries red halved
- 1.5 cups currants
- 3 eggs
- 2 cups flour all-purpose

- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 Dash nutmeg
- 1.5 cups pineapple chopped
- 1.5 cups raisins
- 0.5 teaspoon salt

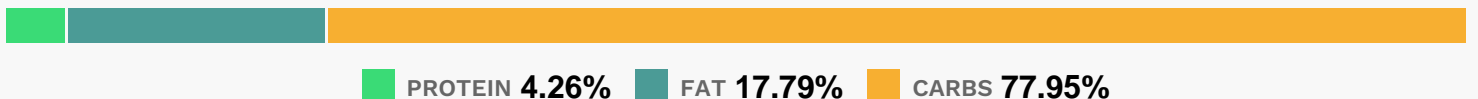
## Equipment

- frying pan
- oven
- mixing bowl

## Directions

- Combine currants, raisins, and candied fruit in a large mixing bowl; add brandy, and stir well. Cover tightly, and let stand at room temperature 1 to 2 days, stirring occasionally.
- Cream butter in a large mixing bowl; add sugar, and beat well.
- Add eggs, one at a time, beating well after each addition.
- Sift together flour, soda, salt, cinnamon, allspice, cloves, and nutmeg in a medium mixing bowl. Gradually add to creamed mixture, stirring well after each addition. Fold in reserved brandied fruit mixture.
- Spread mixture evenly in a greased 15- x 10- x 1-inch jellyroll pan.
- Bake at 325 for 35 minutes. Cool completely in pan before cutting into 3- x 1 1/2-inch bars.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:9.54, Inflammation Score:-2, Nutrition Score:3.6439130565395%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 206.86kcal (10.34%), Fat: 3.66g (5.64%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 34.8g (12.66%), Sugar: 19.97g (22.19%), Cholesterol: 16.37mg (5.46%), Sodium: 107.75mg (4.68%), Alcohol: 4.01g (100%), Alcohol %: 7.14% (100%), Protein: 1.97g (3.95%), Manganese: 0.25mg (12.58%), Vitamin B1: 0.09mg (6.32%), Selenium: 4.42µg (6.31%), Vitamin C: 4.71mg (5.71%), Vitamin B2: 0.09mg (5.26%), Fiber: 1.31g (5.22%), Iron: 0.91mg (5.07%), Folate: 19.96µg (4.99%), Potassium: 157.98mg (4.51%), Copper: 0.08mg (3.82%), Vitamin B3: 0.75mg (3.76%), Vitamin A: 169.83IU (3.4%), Phosphorus: 32.99mg (3.3%), Vitamin B6: 0.06mg (3.04%), Calcium: 25.03mg (2.5%), Magnesium: 9.59mg (2.4%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.19mg (1.24%), Zinc: 0.18mg (1.18%)