

Candied Fruit Bread

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



922 kcal

BREAD

Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 cup blanched almonds and chopped
- 3 tablespoons butter melted
- 2 tablespoons candied cherries chopped
- 0.3 cup candied citron chopped
- 0.3 cup currants
- 2 eggs
- 2 cups flour all-purpose sifted

- 0.3 teaspoon ground cinnamon
- 2 tablespoons candied lemon peel chopped
- 1 cup milk
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 0.8 cup sugar white

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- wire rack

Directions

- Grease an 8 x 5 inch loaf tin thoroughly. Preheat oven to 375 degrees F (190 degrees C).
- In a small bowl, beat the eggs well.
- Add milk and melted butter or shortening, and mix well.
- Sift together flour, baking powder, salt, and cinnamon into a large mixing bowl.
- Add sugar, prepared fruits and nuts, and mix well.
- Add egg mixture to fruit and nut mixture, stirring just enough to blend. Turn batter into greased loaf tin.
- Let stand for 20 minutes.
- Place pan in center of oven on middle rack.
- Bake for 60 to 70 minutes. Turn out on wire rack, and allow to cool for several hours before slicing.

Nutrition Facts



Properties

Glycemic Index:121.7, Glycemic Load:85.93, Inflammation Score:-7, Nutrition Score:26.053043552067%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 921.91kcal (46.1%), Fat: 29.81g (45.87%), Saturated Fat: 10.74g (67.14%), Carbohydrates: 149.89g (49.96%), Net Carbohydrates: 144.4g (52.51%), Sugar: 77.31g (85.91%), Cholesterol: 148.98mg (49.66%), Sodium: 1137.31mg (49.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.41%), Manganese: 1.28mg (64.13%), Selenium: 40.12µg (57.32%), Vitamin B1: 0.81mg (54.24%), Calcium: 497.23mg (49.72%), Vitamin B2: 0.78mg (45.79%), Folate: 175.54µg (43.88%), Phosphorus: 438.8mg (43.88%), Iron: 5.86mg (32.57%), Vitamin B3: 5.72mg (28.58%), Vitamin E: 3.36mg (22.38%), Fiber: 5.49g (21.97%), Copper: 0.41mg (20.29%), Magnesium: 77.77mg (19.44%), Zinc: 2.1mg (13.99%), Potassium: 470.4mg (13.44%), Vitamin A: 659.46IU (13.19%), Vitamin B5: 1.26mg (12.63%), Vitamin B12: 0.72µg (12.07%), Vitamin B6: 0.21mg (10.51%), Vitamin D: 1.48µg (9.88%), Vitamin C: 5.83mg (7.07%), Vitamin K: 2.37µg (2.25%)