



Chocolate Fruit Cake

READY IN

ready

210 min.

SERVINGS

servings

15

CALORIES

calories

385 kcal

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 25 grams chocolate-covered coffee beans dark
- ☐ 2 tablespoons cocoa
- ☐ 125 ml rum / brandy / coffee liqueur
- ☐ 125 grams currants
- ☐ 10 edible gold stars
- ☐ 15 servings edible glitter
- ☐ 3 eggs free-range beaten
- ☐ 75 grams ground almonds

- ☐ 175 ml honey
- ☐ 1 teaspoon spice mixed
- ☐ 2 orange zest juiced
- ☐ 150 grams flour plain
- ☐ 350 grams prune- cut to pieces dried soft chopped
- ☐ 250 grams raisins
- ☐ 175 grams butter unsalted softened
- ☐ 15 servings gold balls mini

Equipment

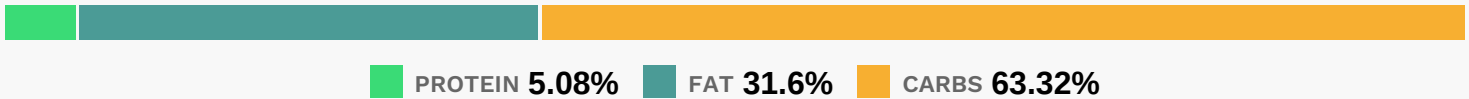
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ cake form
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat the oven to 300 degrees F (150 degrees C).
- ☐ Line the sides and bottom of an 8 by 3 1/2-inch deep, round loose-bottomed cake tin with a layer of reusable silicon baking parchment. When lining the tin with the parchment, cut the material into strips that are twice as high as the tin itself (it is easier to use two shorter strips of parchment, than one long strip); the height of the strips protects the cake from catching on the outside of the cake tin.
- ☐ Place the fruit, butter, sugar, honey, coffee liqueur, orange zest and juice, mixed spice and cocoa into a large wide saucepan.
- ☐ Heat the mixture until it reaches a gentle boil, stirring the mixture as the butter melts.
- ☐ Let the mixture simmer for 10 minutes.
- ☐ Remove the saucepan from the heat and leave to stand for 30 minutes.

- ☐ After 30 minutes, the mixture will have cooled a little.
- ☐ Add the eggs, flour, ground almonds, baking powder and baking soda, and mix well with a wooden spoon or spatula until the ingredients have combined.
- ☐ Carefully pour the fruitcake mixture into the lined cake tin.
- ☐ Transfer the cake tin to the oven and bake for 1 3/4 to 2 hours, or until the top of the cake is firm but will has a shiny and sticky look. At this point, if you insert a sharp knife into the middle of the cake, the cake should still be a little uncooked in the middle.
- ☐ Place the cake on a cooling rack. Once the cake has cooled, remove it from the tin.
- ☐ To decorate, place the chocolate-covered coffee beans in the centre of the cake and arrange the gold stars around the perimeter of the top of the cake. Then sprinkle some gold mini-balls over the whole cake and sprinkle the top with edible glitter.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:25.12, Inflammation Score:-5, Nutrition Score:7.8899999286817%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 384.94kcal (19.25%), Fat: 13.92g (21.41%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 58.19g (21.16%), Sugar: 32.67g (36.3%), Cholesterol: 58.76mg (19.59%), Sodium: 75.88mg (3.3%), Alcohol: 1.8g (100%), Alcohol %: 1.97% (100%), Caffeine: 15.52mg (5.17%), Protein: 5.03g (10.06%), Fiber: 4.55g (18.21%), Manganese: 0.29mg (14.7%), Vitamin K: 15.18µg (14.46%), Potassium: 430.39mg (12.3%), Vitamin B2: 0.2mg (11.5%), Vitamin A: 534.52IU (10.69%), Iron: 1.89mg (10.47%), Copper: 0.21mg (10.33%), Selenium: 6.99µg (9.98%), Vitamin B1: 0.14mg (9.12%), Phosphorus: 80.85mg (8.09%), Vitamin B3: 1.47mg (7.33%), Magnesium: 27.26mg (6.81%), Vitamin B6: 0.14mg (6.81%), Folate: 26.21µg (6.55%), Calcium: 56.74mg (5.67%), Vitamin C: 3.73mg (4.52%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.49mg (3.27%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.35µg (2.34%), Vitamin B12: 0.11µg (1.75%)