



Chocolate-Orange Fruitcake with Pecans

READY IN



45 min.

SERVINGS



16

CALORIES



681 kcal

DESSERT

Ingredients

- ☐ 3 cups flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 4 ounces cream cheese room temperature
- ☐ 1 pound t brown sugar dark
- ☐ 1 cup dates packed pitted chopped ()
- ☐ 4 large eggs room temperature
- ☐ 1 cup figs dried black packed chopped ()
- ☐ 0.3 cup orange liqueur

- ☐ 2.5 teaspoons ground cinnamon
- ☐ 6 tablespoons orange juice concentrate thawed
- ☐ 2 tablespoons orange zest grated
- ☐ 2.5 cups pecans toasted
- ☐ 0.8 cup prune- cut to pieces
- ☐ 1 cup prune- cut to pieces packed pitted chopped ()
- ☐ 1 teaspoon salt
- ☐ 1 pound bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup butter unsalted ()
- ☐ 0.8 cup cocoa powder unsweetened packed ()

Equipment

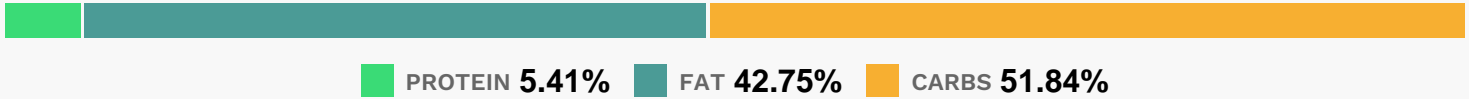
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Position rack in bottom third of oven and preheat to 325°F. Generously butter and flour 12-cup angel food cake pan.
- ☐ Combine toasted pecans, chopped dried figs, prunes, dates, orange juice concentrate, Grand Marnier and grated orange peel in large bowl.
- ☐ Let stand 30 minutes, stirring occasionally.
- ☐ Sift flour, cocoa, cinnamon, baking powder, baking soda and salt into medium bowl.
- ☐ Combine brown sugar and 6 ounces chocolate in processor and chop into small pieces.
- ☐ Using electric mixer, beat butter and cream cheese in large bowl to blend.

- ☐ Add chocolate mixture and beat until fluffy. Beat in eggs 1 at a time. Beat in prune butter. Stir in 1/4 of dry ingredients.
- ☐ Mix in fruit mixture and remaining dry ingredients in 3 additions each.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted near center with a few moist crumbs attached, about 1 hour 55 minutes. Cool 5 minutes. Turn pan over onto rack; let stand 5 minutes. Lift off pan; cool cake completely. Wrap cake in plastic and store at room temperature 2 days.
- ☐ Melt butter in heavy medium saucepan over low heat.
- ☐ Add chocolate; stir until melted and smooth.
- ☐ Whisk in orange juice concentrate.
- ☐ Place cake on rack.
- ☐ Spread some of chocolate glaze thickly over top and sides of cake. Refrigerate 15 minutes.
- ☐ Spread remaining chocolate glaze over cake, covering completely.
- ☐ Sprinkle with chopped candied fruit peel, if desired. Refrigerate cake 30 minutes to set glaze. (Fruitcake can be prepared 3 weeks ahead. Wrap cake in plastic and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:21.02, Inflammation Score:-7, Nutrition Score:19.470434852268%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 8.13mg, Epicatechin: 8.13mg, Epicatechin: 8.13mg, Epicatechin: 8.13mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 681.39kcal (34.07%), Fat: 33.47g (51.49%), Saturated Fat: 13.16g (82.27%), Carbohydrates: 91.32g (30.44%), Net Carbohydrates: 82.47g (29.99%), Sugar: 57.36g (63.73%), Cholesterol: 70.61mg (23.54%), Sodium: 342.01mg (14.87%), Alcohol: 0.96g (100%), Alcohol %: 0.67% (100%), Caffeine: 34.61mg (11.54%), Protein: 9.52g

(19.05%), Manganese: 1.64mg (81.87%), Copper: 0.86mg (42.94%), Fiber: 8.84g (35.38%), Magnesium: 117.38mg (29.35%), Iron: 4.72mg (26.22%), Phosphorus: 244.03mg (24.4%), Selenium: 16.82µg (24.03%), Vitamin B1: 0.36mg (23.69%), Potassium: 655.85mg (18.74%), Vitamin B2: 0.3mg (17.48%), Folate: 62.84µg (15.71%), Zinc: 2.32mg (15.49%), Vitamin K: 15.88µg (15.12%), Vitamin B3: 2.57mg (12.84%), Calcium: 122.83mg (12.28%), Vitamin C: 9.71mg (11.77%), Vitamin A: 559.31IU (11.19%), Vitamin B6: 0.18mg (9.23%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 0.93mg (6.17%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.36µg (2.38%)