



## Christmas Fruit Cake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

### Ingredients

- 250 grams butter
- 125 grams sugar
- 4 eggs
- 200 grams double-acting baking powder (plain with baking powder) sifted
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon spice (mixed)
- 500 grams fruit (mixed dried)
- 100 grams prune- (cut to pieces) pitted

- 100 grams walnut pieces
- 2 tablespoons rum
- 2 tablespoons orange juice
- 1 orange zest
- 1 teaspoon vanilla extract
- 1 square frangelico with layers of parchment paper, bottom and sides of cake tin
- 1 square frangelico with layers of parchment paper, bottom and sides of cake tin

## Equipment

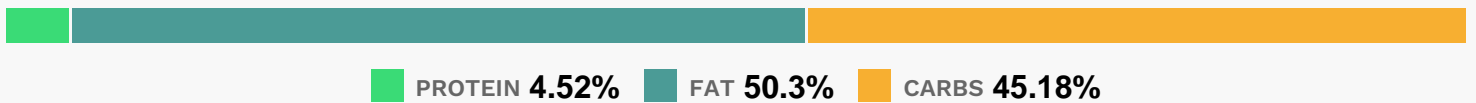
- bowl
- baking paper
- oven
- cake form
- aluminum foil
- spatula

## Directions

- Ingredients: Line a 8" square cake tin with two layers of parchment paper, bottom and sides of cake tin
- G Butter
- G Sugar
- Eggs
- G Plain flour (sifted with baking powder)
- Tsp Baking powder
- Tsp
- Mixed spice
- Mixed dried fruit
- G Pitted prune – cut to small pieces
- G Walnut – chop to small pieces

- Tbsp Rum
- Tbsp Orange juice
- Orange zest from one orange
- Tsp Vanilla extract
- In a large bowl add mixed dried fruit and pitted prune together with 8 tbsp of rum and mix well, cover with cling wrap until next day.
- Beat butter and sugar till light and fluffy, slowly add in rum, orange juice, orange zest and vanilla extract, mix well.
- Add eggs, one at a time and scrape bowl.
- Add 1/4 portion of flour to the mixed dried fruit. Slowly add 3/4 portion of flour and mixed spice to butter mixture, mix well. Stop machine.
- Pour in mixed dried fruit and chopped walnut, mix well with a rubber spatula then pour into cake tin. Bang tin on table once to settle the content.
- Bake at preheated oven at 160C for 1 1/2 hour. \*\*After about 30-40 mins when the cake starts to turn brown, cover cake with foil loosely on top and continue baking.
- Pour 3-4 tbsp of rum on to Fruit Cake as soon as it comes from the oven.
- Leave cake to cool, turn out from cake tin and wrap with cling wrap and store in the fridge.
- Pour 2-3 tbsp of rum on cake every three days until it is ready to serve or giveaway as Christmas gift.

## Nutrition Facts



## Properties

Glycemic Index:12.53, Glycemic Load:6.72, Inflammation Score:-2, Nutrition Score:5.0647826086957%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Taste

Sweetness: 100%, Saltiness: 21.24%, Sourness: 9.77%, Bitterness: 11.57%, Savoriness: 13.89%, Fattiness: 62.62%, Spiciness: 0%

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

Calories: 135.63kcal (6.78%), Fat: 8.06g (12.41%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 14.5g (5.27%), Sugar: 11.37g (12.63%), Cholesterol: 33.12mg (11.04%), Sodium: 647.96mg (28.17%), Alcohol: 0.32g (1.76%), Protein: 1.63g (3.26%), Calcium: 361.41mg (36.14%), Phosphorus: 155.42mg (15.54%), Manganese: 0.18mg (9.05%), Fiber: 1.8g (7.19%), Iron: 1.11mg (6.15%), Copper: 0.1mg (4.86%), Vitamin A: 226.94IU (4.54%), Magnesium: 17.44mg (4.36%), Vitamin K: 4.4µg (4.19%), Potassium: 139.59mg (3.99%), Vitamin B2: 0.05mg (2.76%), Selenium: 1.84µg (2.62%), Vitamin B6: 0.05mg (2.25%), Vitamin E: 0.3mg (1.97%), Vitamin B1: 0.03mg (1.76%), Zinc: 0.26mg (1.75%), Folate: 6.98µg (1.74%), Vitamin B5: 0.17mg (1.74%), Vitamin C: 1.15mg (1.4%)