



Christmas Fruit Cake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



438 kcal

Ingredients

- ☐ 1 large cooking apple cored roughly chopped
- ☐ 5 oz buckwheat flour
- ☐ 2 tsp cinnamon
- ☐ 3 oz coconut butter
- ☐ 2 large eggs
- ☐ 0.3 cup fruit juice or sweet
- ☐ 1 level tsp each ground mace and cloves
- ☐ 1 large cranberry-orange relish cut in small pieces
- ☐ 4 oz raisins softened chopped

- ☐ 4 oz rice flour
- ☐ 4 oz seed butter

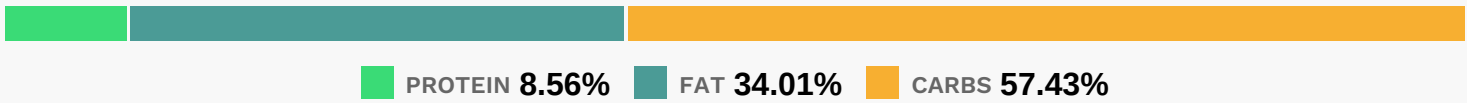
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat the oven to 160C/325F/Gas mark 3.Whizz the orange and apple in a food processor until chopped small.
- ☐ Add the spread or coconut butterand the nut or seed butter and whizz again till well amalgamated.Turn into a large bowl.
- ☐ Add the dried fruit and spices followed by the eggs, flours and brandy, sherry or juice and mix thoroughly.Line the base and side of a 8 inch cake tin with greased greaseproof paper and spoon in the mixture.
- ☐ Bake for 2 to 2-1/2 hours or until a skewer comes out clean.Partially cool in the tin and then on a rack. Eat as it is, or ice for the full Christmas experience.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:16.72, Inflammation Score:-7, Nutrition Score:16.713913160822%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epicatechin 3-gallate: 0.19mg, Epicatechin

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Nutrients (% of daily need)

Calories: 438.13kcal (21.91%), Fat: 17.33g (26.66%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 65.83g (21.94%), Net Carbohydrates: 57.82g (21.03%), Sugar: 21.33g (23.7%), Cholesterol: 0mg (0%), Sodium: 52.2mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Manganese: 1.38mg (68.83%), Magnesium: 148.95mg (37.24%), Fiber: 8.01g (32.05%), Copper: 0.58mg (28.77%), Phosphorus: 273.34mg (27.33%), Vitamin C: 19.88mg (24.1%), Vitamin B6: 0.46mg (23.24%), Folate: 70.69µg (17.67%), Vitamin B5: 1.7mg (16.99%), Vitamin B3: 3.39mg (16.97%), Vitamin B1: 0.25mg (16.54%), Iron: 2.89mg (16.06%), Zinc: 2.02mg (13.46%), Potassium: 424.9mg (12.14%), Calcium: 99.98mg (10%), Vitamin B2: 0.16mg (9.28%), Selenium: 4.53µg (6.47%), Vitamin K: 3.37µg (3.21%), Vitamin A: 116.72IU (2.33%), Vitamin E: 0.26mg (1.74%)