

Christmas Fruitcake

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 tablespoons candied citron chopped
- ☐ 0.3 cup rum dark divided
- ☐ 0.1 cup cherries dried chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup currants dried

- ☐ 0.1 cup mangos dried chopped
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons milk
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup unsulfured molasses

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ cheesecloth

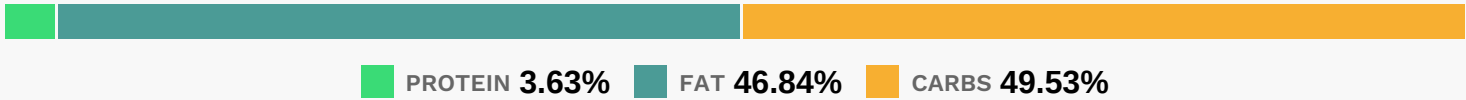
Directions

- ☐ Soak cherries, mango, cranberries, currants, and citron in 1/4 cup rum for at least 24 hours. Cover tightly, and store at room temperature.
- ☐ Preheat oven to 325 degrees F (165 degrees C). Butter a 6x3 inch round pan, and line with parchment paper.
- ☐ In a large bowl, cream together butter and brown sugar until fluffy. Beat in egg.
- ☐ Whisk together flour, baking soda, salt, and cinnamon; mix into butter and sugar in three batches, alternating with molasses and milk. Stir in soaked fruit and chopped nuts. Scrape batter into prepared pan.
- ☐ Bake in preheated oven for 40 to 45 minutes. Cool in the pan for 10 minutes, then sprinkle with 2 tablespoons rum.
- ☐ Cut out one piece parchment paper and one piece cheesecloth, each large enough to wrap around the cake. Moisten cheesecloth with 1 tablespoon rum. Arrange cheesecloth on top of

parchment paper, and unmold cake onto it.

- ☐
- Sprinkle top and sides of cake with remaining rum. Wrap the cheesecloth closely to the surface of the cake, then wrap with paper.
- ☐
- Place in an airtight tin, and age for at least 10 weeks. If storing longer, douse with additional rum for every 10 weeks of storage.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:17.36, Inflammation Score:-8, Nutrition Score:11.522173985191%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 584.49kcal (29.22%), Fat: 29.49g (45.36%), Saturated Fat: 15.53g (97.08%), Carbohydrates: 70.17g (23.39%), Net Carbohydrates: 67.36g (24.5%), Sugar: 52.73g (58.59%), Cholesterol: 102.83mg (34.28%), Sodium: 404.68mg (17.59%), Alcohol: 5.01g (100%), Alcohol %: 4.1% (100%), Protein: 5.14g (10.28%), Manganese: 0.84mg (42.15%), Vitamin A: 1705.5IU (34.11%), Selenium: 13.43µg (19.19%), Magnesium: 70.59mg (17.65%), Iron: 2.83mg (15.7%), Potassium: 482.34mg (13.78%), Vitamin B1: 0.2mg (13.51%), Copper: 0.26mg (12.94%), Fiber: 2.81g (11.23%), Vitamin B6: 0.22mg (11.1%), Calcium: 102.47mg (10.25%), Vitamin B2: 0.17mg (10.13%), Folate: 37.16µg (9.29%), Phosphorus: 89.56mg (8.96%), Vitamin B3: 1.43mg (7.16%), Vitamin E: 1.06mg (7.05%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.73mg (4.9%), Vitamin K: 3.26µg (3.11%), Vitamin B12: 0.19µg (3.11%), Vitamin C: 1.69mg (2.04%), Vitamin D: 0.3µg (2.02%)