



Christmas Fruitcake

READY IN



45 min.

SERVINGS



12

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup rum dark divided (such as Myers's)
- ☐ 0.5 cup apricot dried finely chopped
- ☐ 0.7 cup currants dried
- ☐ 0.5 cup figs dried finely chopped
- ☐ 0.5 cup egg substitute
- ☐ 1 cup flour all-purpose

- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 cup pistachios chopped
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Coat an 8 x 4inch loaf pan with cooking spray; dust pan with 2 teaspoons flour. Set aside.
- ☐ Combine raisins, dried currants, pistachios, dried apricots, dried figs, and 1 1/2 tablespoons flour in a medium bowl; toss well to coat.
- ☐ Weigh or lightly spoon 5 ounces flour (about 1 cup) into a dry measuring cup; level with a knife.

- ☐ Combine flour, baking soda, ground cinnamon, salt, and nutmeg in a small bowl, stirring with a whisk.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Remove from heat. Stir in sugar, egg substitute, 1/4 cup rum, and rind.
- ☐ Add flour mixture to pan, stirring with a whisk until smooth. Gradually fold in fruit mixture. Spoon batter into prepared pan. Cover with foil.
- ☐ Bake at 325 for 1 hour or until a wooden pick inserted in center comes out with a few moist crumbs. Pierce top of cake several times with a wooden pick, and brush the remaining 1/4 cup rum over top of warm cake. Cool completely in pan on a wire rack.
- ☐ Remove cake from pan. Wrap cake in plastic wrap, then wrap in foil. Refrigerate 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:15.21, Inflammation Score:-5, Nutrition Score:6.8565217178801%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 301.46kcal (15.07%), Fat: 10.29g (15.83%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 45.64g (15.21%), Net Carbohydrates: 42.56g (15.47%), Sugar: 23.34g (25.94%), Cholesterol: 20.34mg (6.78%), Sodium: 186.57mg (8.11%), Alcohol: 3.34g (100%), Alcohol %: 4.66% (100%), Protein: 4.32g (8.63%), Manganese: 0.28mg (14.04%), Selenium: 8.98µg (12.83%), Fiber: 3.09g (12.35%), Vitamin B1: 0.18mg (12.14%), Potassium: 372.76mg (10.65%), Iron: 1.78mg (9.87%), Vitamin A: 482.78IU (9.66%), Copper: 0.19mg (9.55%), Vitamin B2: 0.15mg (8.87%), Vitamin B6: 0.17mg (8.61%), Phosphorus: 73.21mg (7.32%), Folate: 28.34µg (7.09%), Vitamin B3: 1.24mg (6.18%), Magnesium: 24.15mg (6.04%), Calcium: 51.48mg (5.15%), Vitamin E: 0.77mg (5.14%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.42mg (2.83%), Vitamin C: 1.72mg (2.09%), Vitamin K: 2.14µg (2.04%), Vitamin D: 0.16µg (1.07%)