



Crushed Pineapple Fruitcake

 Vegetarian

READY IN



660 min.

SERVINGS



10

CALORIES



567 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 0.5 cup candied cherries red
- ☐ 1 cup candied fruit peel mixed
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose

- ☐ 3 cups golden raisins
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar white

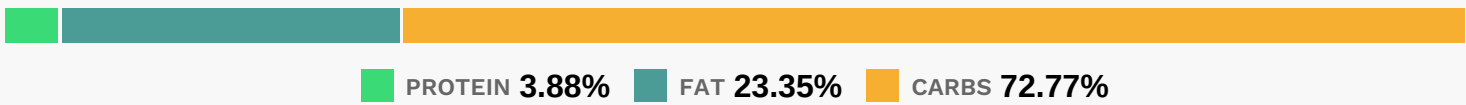
Equipment

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

Directions

- ☐ Line an angel food pan with parchment paper, and brush with melted butter.
- ☐ Cream butter or margarine, and then beat in sugar. Beat in eggs one at a time, beating well after each addition. Stir in extract.
- ☐ Mix in flour, baking powder, and salt. Stir in raisins, cherries, pineapple, and mixed peel. Allow this to sit overnight in covered bowl.
- ☐ Bake at 300 degrees F (150 degrees C) for 2 1/2 hours with a pan of hot water placed on the lowest rack of your oven during baking.
- ☐ Brush warm cake with some melted butter.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:46.59, Inflammation Score:-5, Nutrition Score:9.8813042899837%

Flavonoids

Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 567.18kcal (28.36%), Fat: 15.24g (23.45%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 106.89g (35.63%), Net Carbohydrates: 102.65g (37.33%), Sugar: 69.24g (76.93%), Cholesterol: 69.34mg (23.11%), Sodium: 459.56mg (19.98%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 5.69g (11.39%), Vitamin B1: 0.26mg (17.47%), Selenium: 12µg (17.14%), Fiber: 4.25g (16.99%), Iron: 2.9mg (16.14%), Vitamin B2: 0.27mg (15.8%), Manganese: 0.31mg (15.47%), Folate: 54.54µg (13.63%), Copper: 0.26mg (13.14%), Potassium: 439mg (12.54%), Calcium: 123.75mg (12.38%), Phosphorus: 120.06mg (12.01%), Vitamin B3: 2.15mg (10.75%), Vitamin B6: 0.21mg (10.48%), Vitamin A: 519.3IU (10.39%), Vitamin C: 7.29mg (8.84%), Magnesium: 30.9mg (7.72%), Vitamin E: 0.57mg (3.77%), Zinc: 0.5mg (3.35%), Vitamin B5: 0.32mg (3.24%), Vitamin K: 3.21µg (3.06%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.18µg (1.17%)