



Dark Fruit Cake

READY IN



45 min.

SERVINGS



12

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 pound butter
- ☐ 0.5 cup candied citron
- ☐ 2 cups fruit jell-o® mix mixed
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup dark-brown sugar packed
- ☐ 2 eggs
- ☐ 2 cups flour

- ☐ 1 teaspoon lemon extract
- ☐ 0.5 teaspoon mace
- ☐ 0.5 cup milk
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 cup pecans chopped
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt

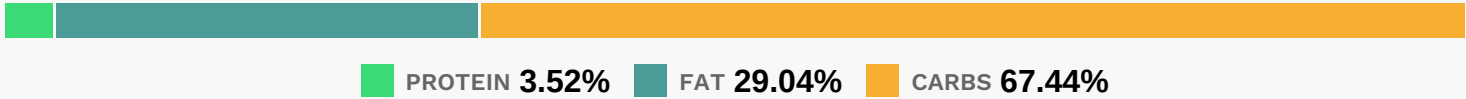
Equipment

- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cheesecloth

Directions

- ☐ Preheat the oven to 325°F. Butter two 9x5-inch loaf pans, line them with foil, then butter the foil. Cream the butter or shortening, add the brown sugar, and beat until light.
- ☐ Add the lemon extract and eggs and beat well. Stir in the molasses and blend.
- ☐ Mix together the flour, baking soda, cinnamon, allspice, mace, cloves, and salt; beat into the first mixture.
- ☐ Add the milk and beat until smooth. Stir in the candied fruit, citron, raisins, and pecans, and mix well. Spoon into the pans and bake for 1 to 1 1/4 hours, or until a toothpick comes out clean. Turn out onto racks to cool. When completely cool, wrap well and store in an airtight container.
- ☐ Brandied Fruit Cake
- ☐ Soak two large pieces of cheesecloth in brandy. Wrap each fruit cake in the cheesecloth, covering all sides, then wrap well in foil. Moisten the cheesecloth with additional brandy every few days for about a week. The brandy will flavor the cake and help preserve it too.
- ☐ Reprinted with permission from The Fannie Farmer Cookbook by Marion Cunningham. © 1996 Knopf

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:21.44, Inflammation Score:-4, Nutrition Score:10.518695753554%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 524.72kcal (26.24%), Fat: 17.34g (26.67%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 90.58g (30.19%), Net Carbohydrates: 86.41g (31.42%), Sugar: 53.14g (59.04%), Cholesterol: 28.5mg (9.5%), Sodium: 200.42mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Manganese: 0.85mg (42.61%), Iron: 3.39mg (18.86%), Selenium: 12.69µg (18.13%), Vitamin B1: 0.25mg (16.91%), Fiber: 4.18g (16.7%), Magnesium: 57.53mg (14.38%), Copper: 0.26mg (13.14%), Calcium: 129.63mg (12.96%), Potassium: 419.48mg (11.99%), Folate: 44.22µg (11.05%), Vitamin B2: 0.19mg (10.88%), Phosphorus: 87.2mg (8.72%), Vitamin B6: 0.17mg (8.59%), Vitamin B3: 1.64mg (8.22%), Vitamin E: 0.81mg (5.38%), Vitamin B5: 0.53mg (5.27%), Vitamin K: 5.53µg (5.27%), Zinc: 0.77mg (5.14%), Vitamin C: 1.76mg (2.13%), Vitamin B12: 0.12µg (2%), Vitamin A: 93.92IU (1.88%), Vitamin D: 0.26µg (1.72%)