



Dried Cherry-Almond Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 pounds apricots dried chopped
- ☐ 1.5 pounds bing cherries dried pitted
- ☐ 6 large eggs room temperature
- ☐ 0.8 cup brown sugar packed ()
- ☐ 5 ounces golden raisins
- ☐ 0.3 cup maple syrup pure
- ☐ 0.7 cup amber rum

- ☐ 1 teaspoon salt
- ☐ 1 pound slivered almonds toasted
- ☐ 0.5 cup sugar
- ☐ 2 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 tablespoon vanilla extract

Equipment

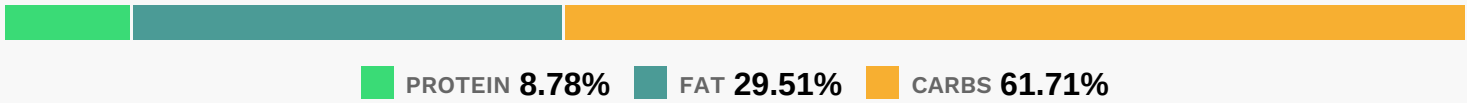
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 325°F. Butter and flour 10-inch-diameter nonstick angel food cake pan. Line bottom with parchment paper. Toss first 4 ingredients with 1/2 cup flour in large bowl to coat.
- ☐ Whisk remaining 1 1/2 cups flour, baking powder, and salt in medium bowl to blend. Using electric mixer, beat butter and both sugars in another large bowl until fluffy. Beat in eggs 1 at a time, blending well after each addition. Beat in rum, maple syrup, and vanilla.
- ☐ Add flour mixture and beat until just combined. Stir in dried fruit mixture. Spoon batter into prepared pan, flattening to eliminate air pockets.
- ☐ Bake until tester inserted near center of cake comes out clean and cake is deep golden brown, about 1 hour 30 minutes. Cool in pan 15 minutes.
- ☐ Whisk rum and maple syrup in bowl. Spoon half over warm cake in pan.
- ☐ Let stand until absorbed.
- ☐ Cut around cake to loosen; invert onto platter. Peel off paper. Spoon remaining syrup over cake.

Let stand about 4 hours. (Can be made ahead. Cover and store at room temperature 1 day or chill up to 1 week.)

Nutrition Facts



Properties

Glycemic Index:15.68, Glycemic Load:14.49, Inflammation Score:-9, Nutrition Score:17.663912988227%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 536.29kcal (26.81%), Fat: 17.69g (27.22%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 83.23g (27.74%), Net Carbohydrates: 74.09g (26.94%), Sugar: 57.34g (63.71%), Cholesterol: 68mg (22.67%), Sodium: 214.95mg (9.35%), Alcohol: 2.9g (100%), Alcohol %: 2.31% (100%), Protein: 11.84g (23.69%), Vitamin A: 2657.04IU (53.14%), Vitamin E: 7.61mg (50.7%), Manganese: 0.84mg (42.09%), Fiber: 9.14g (36.57%), Vitamin B2: 0.5mg (29.38%), Copper: 0.41mg (20.61%), Magnesium: 81.38mg (20.34%), Phosphorus: 199.79mg (19.98%), Potassium: 673.59mg (19.25%), Iron: 3.41mg (18.92%), Calcium: 173.88mg (17.39%), Selenium: 10.76µg (15.37%), Vitamin B3: 2.55mg (12.76%), Folate: 43.77µg (10.94%), Vitamin B1: 0.16mg (10.71%), Zinc: 1.19mg (7.96%), Vitamin B6: 0.14mg (6.87%), Vitamin B5: 0.59mg (5.94%), Vitamin D: 0.39µg (2.57%), Vitamin B12: 0.14µg (2.39%), Vitamin K: 1.78µg (1.7%)