



Easy Light Fruitcake

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



6315 kcal

DESSERT

Ingredients

- 6 almonds split
- 2 teaspoons double-acting baking powder
- 2 cups butter softened
- 1 pound candied cherries halved
- 1.5 cups candied fruit peel mixed
- 6 eggs
- 5 cups flour all-purpose
- 6 cups golden raisins

- 0.3 cup orange juice
- 5 slices candied pineapple
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups sugar white

Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks
- aluminum foil

Directions

- Preheat oven to 275 degrees F (135 degrees C). Line the bottom and sides of two greased 9 x 5 x 3 inch loaf pans, and 1 round 4 1/2 inch x 3 inch deep pan with brown paper. Grease the paper.
- In a large bowl, stir together cherries, pineapple, raisins, mixed peel, 1 cup pecans, and 1 cup flour.
- Mix until fruit is coated with flour.
- In another large bowl, cream the butter or margarine and sugar together. Beat in eggs 1 at a time.
- Mix in orange juice and vanilla.
- Combine 5 cups flour, baking powder, and salt; stir into the creamed mixture. Stir in floured fruit and nuts.
- Mix. Spoon batter into prepared pans. Fill each pan 3/4 full. Arrange split almonds over tops.
- Bake for about 3 hours, until toothpick comes out clean. Cover with foil if top gets too dark while baking.

Nutrition Facts

PROTEIN 4.17% FAT 28.37% CARBS 67.46%

Properties

Glycemic Index:202.88, Glycemic Load:501.05, Inflammation Score:-10, Nutrition Score:73.613043411918%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 11.8mg, Kaempferol: 11.8mg, Kaempferol: 11.8mg, Kaempferol: 11.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 6315.42kcal (315.77%), Fat: 204.6g (314.76%), Saturated Fat: 122.07g (762.95%), Carbohydrates: 1094.42g (364.81%), Net Carbohydrates: 1058.44g (384.89%), Sugar: 652.34g (724.83%), Cholesterol: 979.09mg (326.36%), Sodium: 2816.33mg (122.45%), Alcohol: 0.69g (100%), Alcohol %: 0.05% (100%), Protein: 67.65g (135.3%), Selenium: 153.15µg (218.79%), Vitamin B2: 3.14mg (184.64%), Manganese: 3.6mg (179.77%), Vitamin B1: 2.59mg (172.59%), Folate: 664.52µg (166.13%), Iron: 29.49mg (163.82%), Fiber: 35.99g (143.94%), Vitamin A: 6583.66IU (131.67%), Phosphorus: 1261.22mg (126.12%), Vitamin B3: 23.86mg (119.3%), Potassium: 3911.09mg (111.75%), Copper: 2.19mg (109.38%), Vitamin B6: 1.79mg (89.63%), Calcium: 891.32mg (89.13%), Magnesium: 254.6mg (63.65%), Vitamin E: 8.14mg (54.29%), Vitamin B5: 4.32mg (43.25%), Vitamin C: 33.91mg (41.11%), Zinc: 5.62mg (37.48%), Vitamin K: 32.5µg (30.95%), Vitamin B12: 1.56µg (26.01%), Vitamin D: 2.64µg (17.6%)