

Eggless Fruitcake

 Vegetarian

READY IN

ready

958 min.

SERVINGS

servings

15

CALORIES

calories

146 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.8 cup fruit mixed dried chopped
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon spice mixed
- ☐ 2 cups self-rising flour
- ☐ 0.8 cup water hot
- ☐ 0.5 cup sugar white

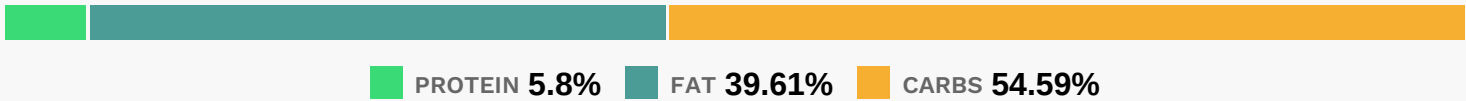
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch pan.
- ☐ In a saucepan, combine the water, butter, sugar, nutmeg, mixed spice and fruit. Stir over medium heat until the butter is melted and sugar is dissolved. Bring mixture to a boil, then simmer for 3 minutes.
- ☐ Remove from heat and cool slightly until lukewarm. Stir in baking soda.
- ☐ Sift flour into a large bowl and make a well in the center.
- ☐ Pour the fruit mixture into the flour, and mix together until blended.
- ☐ Pour batter into prepared pan, smoothing surface with the back of a spoon.
- ☐ Bake in the preheated oven for 75 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool in the pan for 5 minutes, then turn out onto wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:12.84, Inflammation Score:-1, Nutrition Score:1.8495651817192%

Nutrients (% of daily need)

Calories: 145.87kcal (7.29%), Fat: 6.49g (9.99%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 19.51g (7.09%), Sugar: 7.7g (8.55%), Cholesterol: 16.27mg (5.42%), Sodium: 86.41mg (3.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Selenium: 6.76µg (9.65%), Manganese: 0.17mg (8.28%), Vitamin A: 190.04IU (3.8%), Fiber: 0.63g (2.52%), Copper: 0.04mg (1.99%), Phosphorus: 19.62mg (1.96%), Vitamin E: 0.25mg (1.68%), Magnesium: 6.1mg (1.52%), Folate: 5.99µg (1.5%), Iron: 0.22mg (1.24%), Zinc: 0.17mg (1.12%), Vitamin B1: 0.02mg (1.05%)