



Elegant Light Fruit Cake

READY IN



45 min.

SERVINGS



3

CALORIES



4863 kcal

DESSERT

Ingredients

- 4 teaspoons almond extract
- 0.7 cup brandy
- 1.5 cups candied cherries green
- 3 cups candied cherries red
- 8 ounce candied citron diced
- 1.5 teaspoons cream of tartar
- 8 egg whites
- 8 egg yolks
- 1 cup flour all-purpose

- 4.5 cups flour all-purpose
- 6 cups golden raisins
- 2 cups ground almonds
- 0.7 cup milk
- 8 ounces candied pineapple diced
- 1 cup shortening
- 2.7 cups sugar white

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Place a pan of water in oven. Grease thoroughly and line with heavy brown paper one set of tier pans (one 9 inch, one 7 inch, and one 5 inch).
- In a large bowl combine ground almonds and fruits. Dredge with one cup flour.
- In a large bowl, cream together 1 cup flour and shortening. Gradually blend in white sugar. Beat in egg yolks and almond flavoring; beat until very light and fluffy.
- Mix together brandy and milk; add alternately with 4 1/2 cups flour to creamed mixture. Make 3 dry and 2 liquid additions, combining lightly after each.
- In another bowl, beat egg whites with cream of tartar to form stiff but moist peaks. Fold into batter. Fold in floured fruit mixture.
- Bake for 2 1/2 to 3 1/2 hours, depending on size of pan.
- Bake each cake until it tests done with a toothpick.
- Remove from pans, and lift off paper. Cool.

Nutrition Facts



■ PROTEIN 5.65% ■ FAT 23.05% ■ CARBS 71.3%

Properties

Glycemic Index:129.47, Glycemic Load:380.88, Inflammation Score:-9, Nutrition Score:63.764782532402%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 4863.2kcal (243.16%), Fat: 124.94g (192.22%), Saturated Fat: 26.1g (163.11%), Carbohydrates: 869.77g (289.92%), Net Carbohydrates: 839.5g (305.27%), Sugar: 543.45g (603.84%), Cholesterol: 524.91mg (174.97%), Sodium: 296.97mg (12.91%), Alcohol: 19.65g (100%), Alcohol %: 1.67% (100%), Protein: 68.9g (137.79%), Selenium: 125.23µg (178.9%), Manganese: 3.31mg (165.51%), Vitamin B2: 2.43mg (142.98%), Vitamin B1: 2.02mg (134.49%), Folate: 514.96µg (128.74%), Fiber: 30.27g (121.07%), Iron: 20.59mg (114.38%), Potassium: 3057.42mg (87.35%), Vitamin B3: 17.4mg (87.01%), Phosphorus: 847.32mg (84.73%), Copper: 1.57mg (78.7%), Vitamin B6: 1.33mg (66.49%), Vitamin C: 45.42mg (55.05%), Calcium: 505.69mg (50.57%), Vitamin K: 48.45µg (46.14%), Magnesium: 182.39mg (45.6%), Vitamin E: 5.99mg (39.9%), Vitamin B5: 3.83mg (38.27%), Zinc: 4.06mg (27.08%), Vitamin B12: 1.3µg (21.68%), Vitamin D: 3.19µg (21.26%), Vitamin A: 838.21IU (16.76%)