



food
network

Free Range Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



572 kcal

DESSERT

Ingredients

- 1.8 cups all purpose flour
- 6 allspice
- 1 cup unfiltered apple juice
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 10 servings brandy for basting and/or spritzing
- 0.3 cup candied ginger chopped
- 0.5 cup sun cherries dried

- 1 cup currants
- 0.5 cup apricots dried chopped
- 2 eggs
- 1 cup golden raisins
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 lemon zest chopped
- 1 orange zest chopped
- 0.3 cup pecans toasted
- 1 cup gold rum
- 1.5 teaspoons salt
- 1 cup sugar
- 0.5 cup sun cranberries dried
- 0.5 cup sun blueberries dried
- 5 ounces butter unsalted ()
- 4 cloves ground whole

Equipment

- frying pan
- oven
- wire rack
- pot
- loaf pan
- toothpicks
- wooden spoon
- microwave

Directions

- Combine dried fruits, candied ginger and both zests.

- Add rum and macerate overnight, or microwave for 5 minutes to re-hydrate fruit.
- Place fruit and liquid in a non-reactive pot with the sugar, butter, apple juice and spices. Bring mixture to a boil stirring often, then reduce heat and simmer for 5 to 10 minutes.
- Remove from heat and cool for at least 15 minutes. (Batter can be completed up to this point, then covered and refrigerated for up to 2 days. Bring to room temperature before completing cake.)
- Heat oven to 325 degrees.
- Combine dry ingredients and sift into fruit mixture. Quickly bring batter together with a large wooden spoon, then stir in eggs one at a time until completely integrated, then fold in nuts. Spoon into a 10-inch non-stick loaf pan and bake for 1 hour. Check for doneness by inserting toothpick into the middle of the cake. If it comes out clean, it's done. If not, bake another 10 minutes, and check again.
- Remove cake from oven and place on cooling rack or trivet. Baste or spritz top with brandy and allow to cool completely before turning out from pan.
- When cake is completely cooled, seal in a tight sealing, food safe container. Every 2 to 3 days, feel the cake and if dry, spritz with brandy. The cake's flavor will enhance considerably over the next two weeks. If you decide to give the cake as a gift, be sure to tell the recipient that they are very lucky indeed.

Nutrition Facts



■ PROTEIN **4.52%**
■ FAT **26.77%**
■ CARBS **68.71%**

Properties

Glycemic Index:45.29, Glycemic Load:37.3, Inflammation Score:-7, Nutrition Score:10.291304339533%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 571.91kcal (28.6%), Fat: 14.9g (22.92%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 86.03g (28.68%), Net Carbohydrates: 81.1g (29.49%), Sugar: 58g (64.45%), Cholesterol: 63.21mg (21.07%), Sodium: 530.42mg (23.06%), Alcohol: 13.03g (100%), Alcohol %: 8.49% (100%), Protein: 5.67g (11.33%), Manganese: 0.78mg (38.9%), Fiber: 4.93g (19.73%), Vitamin A: 870.26IU (17.41%), Selenium: 11.05µg (15.78%), Vitamin B1: 0.23mg (15.23%), Iron: 2.43mg (13.49%), Vitamin B2: 0.22mg (13.14%), Potassium: 445.62mg (12.73%), Folate: 48.26µg (12.06%), Copper: 0.21mg (10.47%), Phosphorus: 100.67mg (10.07%), Vitamin B3: 2mg (10%), Calcium: 81.07mg (8.11%), Vitamin B6: 0.14mg (7.13%), Vitamin E: 0.96mg (6.39%), Magnesium: 25.1mg (6.28%), Vitamin C: 3.91mg (4.74%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.36mg (3.65%), Vitamin K: 3.45µg (3.28%), Vitamin D: 0.39µg (2.59%), Vitamin B12: 0.1µg (1.71%)