

Fruit Cake

READY IN



185 min.

SERVINGS



10

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon brandy
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 pounds fruit jell-o® mix mixed
- ☐ 4 eggs
- ☐ 1 lemon zest
- ☐ 1 tablespoon milk
- ☐ 1 tablespoon blackstrap molasses

- ☐ 0.3 teaspoon nutmeg
- ☐ 1 orange zest juiced
- ☐ 1.3 cups self-rising flour
- ☐ 0.3 cup cooking sherry
- ☐ 1.3 cups wholemeal" flour whole wheat
- ☐ 0.5 cup lard
- ☐ 0.5 cup lard

Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ In a mixing bowl, with a paddle attachment cream the butter and lard together.
- ☐ Add the sugar and continue creaming.
- ☐ Add the eggs gradually and mix until well incorporated.
- ☐ Then, add each ingredient one at a time and blend in. Turn batter out into a loaf pan (best for doorstops) lined with parchment paper.
- ☐ Bake 1 hour and 30 minutes, then reduce the heat to 300 degrees F and bake an additional 1 hour and 15 minutes.
- ☐ Let cool in the pan. Wrap in plastic and let mature a few days. If you like, you can dip it or baste it with brandy, wrap it in cheesecloth, and store in a cool place for months (maybe even decades).

Nutrition Facts



 PROTEIN **4.46%**  FAT **17.77%**  CARBS **77.77%**

Properties

Glycemic Index:39.1, Glycemic Load:8.16, Inflammation Score:-4, Nutrition Score:10.044347913369%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 587.62kcal (29.38%), Fat: 11.59g (17.82%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 114.04g (38.01%), Net Carbohydrates: 107.96g (39.26%), Sugar: 66.64g (74.04%), Cholesterol: 90.05mg (30.02%), Sodium: 201.47mg (8.76%), Alcohol: 1.12g (100%), Alcohol %: 0.76% (100%), Protein: 6.54g (13.08%), Manganese: 0.79mg (39.61%), Selenium: 21.66µg (30.95%), Fiber: 6.08g (24.33%), Calcium: 191.76mg (19.18%), Iron: 3.42mg (19.02%), Phosphorus: 119.63mg (11.96%), Vitamin A: 457.11IU (9.14%), Magnesium: 34.95mg (8.74%), Vitamin B2: 0.12mg (7.24%), Vitamin B1: 0.1mg (6.63%), Vitamin B6: 0.13mg (6.33%), Copper: 0.13mg (6.27%), Vitamin C: 4.58mg (5.56%), Folate: 21.12µg (5.28%), Zinc: 0.79mg (5.28%), Vitamin B5: 0.5mg (5.02%), Vitamin B3: 0.98mg (4.91%), Potassium: 165.85mg (4.74%), Vitamin E: 0.62mg (4.15%), Vitamin B12: 0.18µg (3.07%), Vitamin D: 0.37µg (2.46%), Vitamin K: 1.21µg (1.15%)