

Fruitcake #44948

 Vegetarian

READY IN



150 min.

SERVINGS



10

CALORIES



651 kcal

DESSERT

Ingredients

- 0.3 cup grape juice
- 1 teaspoon baking soda
- 1 cup butter
- 0.5 lb cherries whole
- 1 teaspoon cinnamon
- 0.5 cup citron
- 1.3 cups fruit snipped
- 5 eggs separated

- 2 cups flour
- 0.5 teaspoon ground cloves
- 1 lemon zest
- 0.5 teaspoon mace
- 0.5 cup blackstrap molasses
- 0.5 teaspoon nutmeg
- 1 orange zest
- 1.8 cups walnut pieces
- 0.5 lb pineapple
- 1.3 cups raisins
- 1 cup sugar

Equipment

- frying pan
- oven
- loaf pan
- aluminum foil

Directions

- Separate eggs. Beat yolks with molasses and juice. Cream butter and sugar.
- Add yolk mixture to creamed mixture and blend.
- Combine fruits and nuts; mix with 1 cup flour to coat. Preheat oven to 325 degrees F. Sift remaining 1 cup flour with spices and baking soda. Beat egg whites until peaks form and fold into creamed mixture.**
- Cut cooking time in half to 1 hour for loaf pans. Gently stir in fruit/nuts and dry ingredients.
- Pour into a 9" tube pan that has been well greased, lined with brown paper and greased again. Reduce heat to 300 degrees F and bake for 2 hours. Put on rack to cool. Wrap in foil and store in a cool place.

Nutrition Facts



■ PROTEIN 5.84% ■ FAT 45.67% ■ CARBS 48.49%

Properties

Glycemic Index:50.46, Glycemic Load:44.85, Inflammation Score:-7, Nutrition Score:18.022173829701%

Flavonoids

Cyanidin: 7.46mg, Cyanidin: 7.46mg, Cyanidin: 7.46mg, Cyanidin: 7.46mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.71mg, Malvidin: 0.71mg, Malvidin: 0.71mg, Malvidin: 0.71mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 650.85kcal (32.54%), Fat: 34.5g (53.07%), Saturated Fat: 13.75g (85.92%), Carbohydrates: 82.41g (27.47%), Net Carbohydrates: 77.03g (28.01%), Sugar: 41.91g (46.57%), Cholesterol: 130.65mg (43.55%), Sodium: 301.08mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Manganese: 1.55mg (77.6%), Copper: 0.58mg (28.97%), Selenium: 19.78µg (28.26%), Magnesium: 97.85mg (24.46%), Vitamin C: 19.64mg (23.8%), Vitamin B1: 0.34mg (22.44%), Fiber: 5.38g (21.54%), Iron: 3.84mg (21.31%), Folate: 83.48µg (20.87%), Potassium: 680.61mg (19.45%), Vitamin B2: 0.32mg (19.06%), Phosphorus: 178.27mg (17.83%), Vitamin B6: 0.36mg (17.81%), Vitamin A: 734.71IU (14.69%), Vitamin B3: 2.31mg (11.56%), Calcium: 105.79mg (10.58%), Zinc: 1.29mg (8.62%), Vitamin B5: 0.86mg (8.6%), Vitamin E: 0.97mg (6.48%), Vitamin B12: 0.23µg (3.91%), Vitamin K: 3.93µg (3.74%), Vitamin D: 0.44µg (2.93%)