



Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



890 kcal

DESSERT

Ingredients

- 1 tablespoon baking soda
- 1.8 cups brandy
- 2 cups brown sugar packed
- 1.5 cups butter melted
- 1.5 cups fruit mixed dried
- 4 eggs
- 3 cups flour all-purpose
- 2 tablespoons ground allspice

- 2 tablespoons ground cinnamon
- 2 tablespoons ground cloves
- 2 tablespoons nutmeg
- 2 tablespoons lemon zest grated
- 1.5 cups raisins
- 2 tablespoons vanilla extract
- 1.5 cups walnut pieces chopped

Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 225 degrees F (110 degrees C). Grease and flour a tube pan.
- In a large bowl, combine sugar, flour, soda, cinnamon, cloves, allspice and nutmeg.
- Add eggs, lemon rind, vanilla, and 1/2 cup brandy.
- Mix thoroughly. Stir in fruit, nuts, and melted butter.
- Pour into prepared pan.
- Bake for 1 hour in the preheated oven, or until a tester inserted in the center comes out clean. Cool on a wire rack.
- Wrap cooled cake in foil.
- Sprinkle 2 tablespoons brandy over the cake everyday for 2 weeks.

Nutrition Facts



PROTEIN 4.97% **FAT 46.35%** **CARBS 48.68%**

Properties

Glycemic Index:33.98, Glycemic Load:31.52, Inflammation Score:-7, Nutrition Score:18.148695717687%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg

Nutrients (% of daily need)

Calories: 889.92kcal (44.5%), Fat: 42.06g (64.71%), Saturated Fat: 19.68g (123.01%), Carbohydrates: 99.39g (33.13%), Net Carbohydrates: 93.2g (33.89%), Sugar: 47.04g (52.27%), Cholesterol: 138.68mg (46.23%), Sodium: 597.72mg (25.99%), Alcohol: 14.92g (100%), Alcohol %: 8.19% (100%), Protein: 10.16g (20.31%), Manganese: 2.07mg (103.36%), Selenium: 20.21µg (28.87%), Vitamin B1: 0.4mg (26.95%), Fiber: 6.19g (24.76%), Folate: 98.8µg (24.7%), Copper: 0.49mg (24.6%), Iron: 3.99mg (22.19%), Vitamin B2: 0.36mg (21.06%), Vitamin A: 965.21IU (19.3%), Phosphorus: 174.93mg (17.49%), Magnesium: 62.08mg (15.52%), Vitamin B3: 2.88mg (14.4%), Potassium: 471.91mg (13.48%), Calcium: 129.2mg (12.92%), Vitamin B6: 0.22mg (11.11%), Vitamin E: 1.29mg (8.58%), Zinc: 1.28mg (8.51%), Vitamin B5: 0.68mg (6.82%), Vitamin K: 6.16µg (5.87%), Vitamin C: 3.6mg (4.36%), Vitamin B12: 0.21µg (3.58%), Vitamin D: 0.35µg (2.35%)