



Fruitcake Slice 'N' Bakes

 Vegetarian

READY IN



190 min.

SERVINGS



1

CALORIES



7341 kcal

DESSERT

Ingredients

- 2 cups butter softened
- 1 cup fruit jell-o® mix
- 0.3 cup cane syrup
- 1 large eggs lightly beaten
- 4 cups flour all-purpose
- 0.8 cup granulated sugar
- 1.5 teaspoons kosher salt
- 1 teaspoon lemon zest loosely packed

- 1 teaspoon orange zest packed
- 0.3 cup spiced dark
- 2 teaspoons vanilla extract
- 0.8 cup walnuts chopped

Equipment

- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- hand mixer

Directions

- Soak candied fruit, orange zest, and lemon zest in spiced or dark rum 30 minutes.
- Beat butter and next 4 ingredients at medium speed with an electric mixer 2 to 3 minutes or until creamy.
- Add flour; beat until blended. Stir in fruit mixture. Divide dough into 4 portions, and shape each portion into an 8- x 2-inch log. Wrap in plastic wrap, and chill 1 hour.
- Whisk together egg and 1 Tbsp. water. Unwrap logs, and brush with beaten egg.
- Sprinkle chopped walnuts over logs, pressing to adhere, and rewrap. Chill 30 minutes.
- Preheat oven to 35
- Cut logs into 1/4-inch-thick slices; place 1 inch apart on 2 parchment paper-lined baking sheets.
- Bake 10 to 14 minutes or until edges are lightly browned, switching pans halfway through. Cool on baking sheets 5 minutes.
- Transfer to wire racks, and cool.
- *Sorghum or honey may be substituted.

Nutrition Facts



■ PROTEIN 4.15% ■ FAT 53.59% ■ CARBS 42.26%

Properties

Glycemic Index:230.09, Glycemic Load:382.12, Inflammation Score:-10, Nutrition Score:67.195217339889%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg

Nutrients (% of daily need)

Calories: 7341.21kcal (367.06%), Fat: 435.56g (670.09%), Saturated Fat: 241.08g (1506.73%), Carbohydrates: 772.64g (257.55%), Net Carbohydrates: 742.66g (270.06%), Sugar: 318.22g (353.58%), Cholesterol: 1162.1mg (387.37%), Sodium: 6630.42mg (288.28%), Alcohol: 22.79g (100%), Alcohol %: 1.79% (100%), Protein: 75.9g (151.8%), Manganese: 6.46mg (323.2%), Vitamin B1: 4.28mg (285%), Selenium: 194.63µg (278.05%), Folate: 1038.97µg (259.74%), Vitamin A: 11822.22IU (236.44%), Iron: 32.38mg (179.88%), Vitamin B2: 3.03mg (178.02%), Vitamin B3: 30.8mg (153.99%), Fiber: 29.98g (119.91%), Copper: 2.19mg (109.32%), Phosphorus: 1055.11mg (105.51%), Vitamin E: 11.98mg (79.88%), Magnesium: 265.52mg (66.38%), Calcium: 623.06mg (62.31%), Zinc: 7.33mg (48.88%), Vitamin B6: 0.8mg (39.97%), Vitamin B5: 3.98mg (39.75%), Vitamin K: 35.8µg (34.09%), Potassium: 1140.64mg (32.59%), Vitamin B12: 1.22µg (20.28%), Vitamin C: 12.12mg (14.69%), Vitamin D: 1µg (6.67%)