



Fruitcake with apricot butter icing

 Vegetarian

READY IN



100 min.

SERVINGS



20

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 200 g butter softened
- ☐ 100 g almonds whole
- ☐ 200 g flour plain
- ☐ 200 g powdered sugar
- ☐ 4 medium eggs
- ☐ 700 g fruit mixed dried
- ☐ 25 ml brandy
- ☐ 150 g butter softened

- ☐ 150 g apricot preserves
- ☐ 275 g powdered sugar sifted

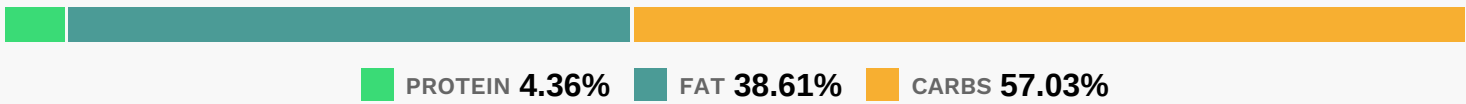
Equipment

- ☐ food processor
- ☐ oven
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease a deep 20cm round cake tin with a little bit of the butter, then line with greaseproof paper or baking parchment. Wrap a couple of sheets of newspaper around the outside of the tin, then secure with string.
- ☐ In a food processor, whizz the almonds with the flour until the mix resembles crumbs. Beat the butter and icing sugar until light and fluffy. Beat in the eggs, one by one, then fold in the flour and almonds, dried fruit and brandy.
- ☐ Scrape into the tin, level the surface and bake for 1 hr 15 mins, until a skewer poked in comes out clean. Cool in the tin.
- ☐ When the cake is completely cold, make the icing quickly by beating the butter, jam and icing sugar until pale. Dont allow the butter to get too warm or overbeat as the icing might split. Swirl all over the cake, then leave in a cool place to set (but not the fridge).

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:11.44, Inflammation Score:-5, Nutrition Score:7.6017390800559%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg,

Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin:
0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 404.03kcal (20.2%), Fat: 17.96g (27.63%), Saturated Fat: 9.53g (59.54%), Carbohydrates: 59.68g
(19.89%), Net Carbohydrates: 55.33g (20.12%), Sugar: 43.54g (48.37%), Cholesterol: 70.36mg (23.45%), Sodium:
132.26mg (5.75%), Alcohol: 0.42g (100%), Alcohol %: 0.49% (100%), Protein: 4.56g (9.12%), Manganese: 0.37mg
(18.38%), Fiber: 4.35g (17.39%), Vitamin E: 1.92mg (12.8%), Vitamin B2: 0.19mg (11.03%), Magnesium: 41.21mg (10.3%),
Vitamin A: 503.77IU (10.08%), Selenium: 6.97µg (9.96%), Copper: 0.18mg (9.11%), Potassium: 307.97mg (8.8%), Iron:
1.57mg (8.72%), Calcium: 82.52mg (8.25%), Vitamin B1: 0.12mg (8.2%), Phosphorus: 80.2mg (8.02%), Folate:
28.39µg (7.1%), Vitamin K: 6.74µg (6.42%), Vitamin B3: 1mg (5.02%), Zinc: 0.59mg (3.96%), Vitamin B5: 0.37mg
(3.75%), Vitamin B6: 0.07mg (3.27%), Vitamin B12: 0.11µg (1.8%), Vitamin C: 1.08mg (1.31%), Vitamin D: 0.18µg (1.17%)