



Fruitcake Without Citron

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



651 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 3 cups candied cherries green red
- 0.5 cup plus dark
- 3 cups dates pitted chopped
- 4 eggs
- 2 cups flour all-purpose
- 3 cups candied pineapple chunks

- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 8 cups walnut halves

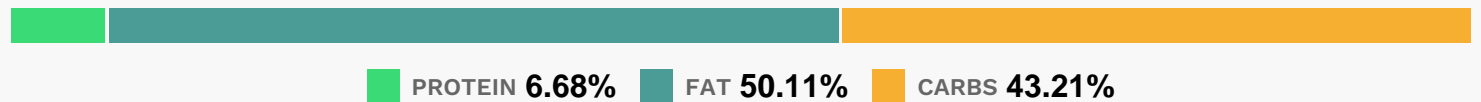
Equipment

- bowl
- frying pan
- oven

Directions

- Grease a 10 x 14 inch tube pan; line with waxed paper.
- Mix fruits and nuts in a large bowl.
- Sift dry ingredients in a separate bowl.
- Mix eggs, corn syrup, sugar and oil in a medium size bowl. Gradually beat in dry ingredients.
- Pour over fruit mixture and mix. Firmly pack into pan.
- Bake at 275 degrees F (135 degree C) about 2 hours and 15 minutes, or until top appears dry. Cool in pan.

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:23.66, Inflammation Score:-6, Nutrition Score:17.617391337519%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 650.9kcal (32.55%), Fat: 38.22g (58.8%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 74.17g (24.72%), Net Carbohydrates: 67.58g (24.57%), Sugar: 46.08g (51.19%), Cholesterol: 36.37mg (12.12%), Sodium: 143.33mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Manganese: 1.95mg (97.43%), Copper: 0.95mg (47.65%), Fiber: 6.59g (26.35%), Magnesium: 103.99mg (26%), Phosphorus: 243.13mg (24.31%), Vitamin B1:

0.34mg (22.95%), Folate: 87.63µg (21.91%), Vitamin B6: 0.37mg (18.7%), Selenium: 11.46µg (16.38%), Iron: 2.8mg (15.53%), Potassium: 475.62mg (13.59%), Zinc: 1.95mg (12.97%), Vitamin B2: 0.22mg (12.74%), Calcium: 104.78mg (10.48%), Vitamin B3: 1.84mg (9.19%), Vitamin K: 7.98µg (7.6%), Vitamin B5: 0.66mg (6.58%), Vitamin C: 4.48mg (5.43%), Vitamin E: 0.74mg (4.95%), Vitamin A: 85.37IU (1.71%), Vitamin B12: 0.09µg (1.45%), Vitamin D: 0.2µg (1.3%)