



Fruktkaka (Swedish Fruitcake Not Like American Fruitcake)

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup rum dark
- ☐ 4 ounces apricots dried finely chopped
- ☐ 4 ounces figs dried finely chopped
- ☐ 4 eggs
- ☐ 1.8 cups flour
- ☐ 1.5 teaspoons lemon zest freshly grated

- ☐ 1 tablespoon orange zest freshly grated
- ☐ 4 ounces raisins finely chopped
- ☐ 1 cup caster sugar
- ☐ 12 tablespoons butter unsalted softened

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Combine the figs, apricots, raisins, rum, orange zest, and lemon zest in small bowl; cover with plastic wrap and let sit at room temperature for at least 4 hours or as long as overnight.²
- ☐ Heat oven to 350°F Grease the bottom and sides of a 12 1/4" x 4 1/4" x 2 3/4" loaf pan with butter and dust all over with flour; tap out excess flour and set aside.³
- ☐ Combine butter and sugar in a large bowl and beat with a handheld mixer set to medium speed until the mixture is pale and fluffy, 1–2 minutes.
- ☐ Add the eggs one at a time, beating well after each addition.
- ☐ Add the reserved fruit–rum mixture and the flour mixture and mix on low speed until just combined.⁴
- ☐ Transfer batter to prepared pan and smooth the top with a rubber spatula.
- ☐ Bake until a toothpick inserted into the middle of the cake comes out clean, 40–45 minutes. Unmold cake onto a wire rack and let cool completely before slicing.

Nutrition Facts



 **PROTEIN 5.6%**  **FAT 35.06%**  **CARBS 59.34%**

Properties

Glycemic Index:23.61, Glycemic Load:29.01, Inflammation Score:-5, Nutrition Score:7.1452173357425%

Nutrients (% of daily need)

Calories: 349.85kcal (17.49%), Fat: 13.17g (20.26%), Saturated Fat: 7.71g (48.19%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 47.33g (17.21%), Sugar: 26.33g (29.25%), Cholesterol: 84.66mg (28.22%), Sodium: 118.76mg (5.16%), Alcohol: 3.34g (100%), Alcohol %: 4.11% (100%), Protein: 4.73g (9.46%), Selenium: 11.25µg (16.07%), Vitamin A: 772.8IU (15.46%), Vitamin B2: 0.2mg (11.65%), Vitamin B1: 0.17mg (11.4%), Manganese: 0.23mg (11.35%), Fiber: 2.83g (11.32%), Folate: 42.93µg (10.73%), Iron: 1.81mg (10.06%), Potassium: 296.94mg (8.48%), Vitamin B3: 1.51mg (7.54%), Phosphorus: 72.75mg (7.28%), Copper: 0.13mg (6.55%), Vitamin E: 0.93mg (6.23%), Magnesium: 18.48mg (4.62%), Vitamin B5: 0.42mg (4.17%), Calcium: 38.77mg (3.88%), Vitamin B6: 0.08mg (3.8%), Vitamin D: 0.5µg (3.36%), Zinc: 0.45mg (3.02%), Vitamin K: 2.85µg (2.71%), Vitamin B12: 0.15µg (2.57%), Vitamin C: 1.72mg (2.09%)