

# Heirloom Fruitcake

 Vegetarian

READY IN



75 min.

SERVINGS



32

CALORIES



143 kcal

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 3 tablespoons brown sugar
- 0.3 cup butter softened
- 1 cup dates chopped
- 6 ounces apricot dried finely chopped
- 2 eggs
- 0.5 cup flour all-purpose
- 0.1 teaspoon ground allspice

- 0.1 teaspoon nutmeg
- 2 tablespoons half and half
- 3 tablespoons honey
- 3 cups pecans
- 1 cup raisins
- 0.5 teaspoon salt

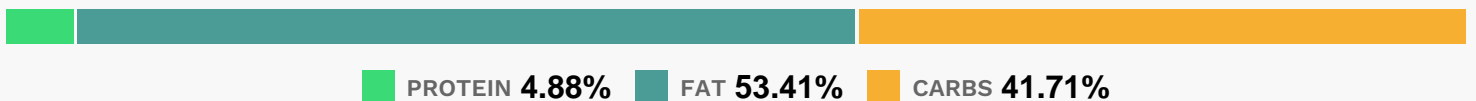
## Equipment

- bowl
- frying pan
- oven
- knife
- loaf pan
- toothpicks

## Directions

- In a large bowl, cream butter and brown sugar. Beat in eggs and honey.
- Combine the flour, baking powder, salt, allspice and nutmeg; add to creamed mixture alternately with cream. Stir in raisins, dates, apricots and pecans.
- Pack into two greased and floured 8-in. x 4-in. loaf pans.
- Place pans on middle rack of oven; place a shallow pan of hot water on lowest rack.
- Bake at 300° for 60–65 minutes or until a toothpick inserted near the center comes out clean. Cool completely in pan. Loosen edges with a knife and remove from pan. Store in an airtight container in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:15.89, Glycemic Load:6.47, Inflammation Score:-3, Nutrition Score:4.1208695795225%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 142.89kcal (7.14%), Fat: 9.06g (13.94%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 13.91g (5.06%), Sugar: 8.88g (9.87%), Cholesterol: 15.64mg (5.21%), Sodium: 64.97mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Manganese: 0.47mg (23.56%), Fiber: 2.01g (8.06%), Copper: 0.16mg (7.95%), Vitamin B1: 0.09mg (5.76%), Vitamin A: 274.54IU (5.49%), Potassium: 177.57mg (5.07%), Phosphorus: 46.26mg (4.63%), Magnesium: 17.35mg (4.34%), Iron: 0.7mg (3.91%), Zinc: 0.52mg (3.48%), Selenium: 2.22µg (3.18%), Vitamin B2: 0.05mg (3.11%), Vitamin E: 0.45mg (3%), Vitamin B6: 0.05mg (2.51%), Vitamin B3: 0.48mg (2.39%), Folate: 8.61µg (2.15%), Calcium: 20.7mg (2.07%), Vitamin B5: 0.2mg (1.95%)