



Holiday Fruit-Filled Pound Cake

READY IN



300 min.

SERVINGS



12

CALORIES



517 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons apricot preserves sweet
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup blanched almonds and whole for top of cake (6 ouncecs total)
- ☐ 0.8 cup brandy
- ☐ 0.7 cup currants
- ☐ 0.7 cup apricot dried finely chopped
- ☐ 0.7 cup cranberries dried
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 0.7 cup golden raisins
- ☐ 1 tablespoon orange zest grated
- ☐ 1 tablespoon pear liqueur orange-flavored
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 2.5 sticks butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure

Equipment

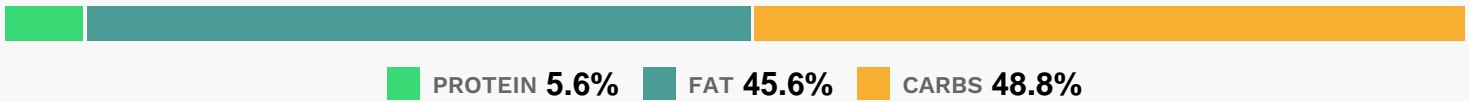
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat brandy in a 1-quart saucepan over low heat until warm, then remove from heat and stir in dried fruit. Cover and let stand 30 minutes.
- ☐ Preheat oven to 325°F with rack in middle. Invert bottom of springform pan and lock on side. Generously butter pan and dust with flour, knocking out excess.
- ☐ Finely grind 3/4 cup almonds with 1/4 cup sugar in a food processor, then whisk together with flour, baking powder, and salt in a bowl.

- ☐ Beat butter and remaining 3/4 cup sugar with an electric mixer at medium-high speed until pale and fluffy, about 5 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition (batter will appear curdled), then add vanilla, zest, and fruit with brandy and beat until thoroughly combined, about 2 minutes.
- ☐ At low speed, mix in flour mixture until incorporated. Spoon batter into pan, smoothing it, and top with remaining 1/3 cup almonds.
- ☐ Bake until a long wooden pick inserted into center of cake comes out clean, 1 1/2 to 1 3/4 hours. Run a thin metal spatula around side of cake, then cool in pan on a rack 10 minutes.
- ☐ Meanwhile, melt marmalade with liqueur in a small heavy saucepan over medium heat, stirring, then strain glaze through a sieve into a small bowl, discarding solids.
- ☐ Loosen side of cake with thin metal spatula again, then remove side of pan and loosen bottom of cake.
- ☐ Transfer cake from pan to rack and brush glaze over top of cake.
- ☐ Cool cake completely, about 3 hours.
- ☐ · Cake improves in flavor if made 1 day ahead. · Cake keeps, wrapped in parchment paper, then foil, and put in a sealed bag, at room temperature 5 days or frozen 2 weeks (bring to room temperature before serving).

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:29.45, Inflammation Score:-6, Nutrition Score:10.104347757671%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 517.3kcal (25.86%), Fat: 25.22g (38.79%), Saturated Fat: 12.98g (81.14%), Carbohydrates: 60.72g (20.24%), Net Carbohydrates: 57.75g (21%), Sugar: 38.32g (42.57%), Cholesterol: 112.61mg (37.54%), Sodium: 216.66mg

(9.42%), Alcohol: 5.62g (100%), Alcohol %: 5.15% (100%), Protein: 6.97g (13.94%), Vitamin E: 3.07mg (20.46%), Manganese: 0.39mg (19.74%), Vitamin A: 957.33IU (19.15%), Selenium: 13.18µg (18.83%), Vitamin B2: 0.28mg (16.6%), Vitamin B1: 0.2mg (13.55%), Folate: 52.46µg (13.11%), Phosphorus: 129.76mg (12.98%), Fiber: 2.96g (11.85%), Iron: 2.11mg (11.74%), Copper: 0.22mg (10.91%), Vitamin B3: 1.98mg (9.91%), Magnesium: 36.72mg (9.18%), Potassium: 317.89mg (9.08%), Calcium: 74.12mg (7.41%), Vitamin B6: 0.11mg (5.59%), Zinc: 0.72mg (4.78%), Vitamin B5: 0.47mg (4.68%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.19µg (3.14%), Vitamin K: 3.04µg (2.9%), Vitamin C: 1.84mg (2.23%)