



Italian Fruitcakes with Frangelico Chocolate Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



790 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 0.5 cup cake flour
- ☐ 0.3 cup candied ginger minced
- ☐ 5 large eggs
- ☐ 12 ounces figs diced
- ☐ 3 cups hazelnuts husked toasted coarsely chopped
- ☐ 2 tablespoons orange zest grated
- ☐ 0.5 teaspoon salt

- ☐ 12 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 cup sugar
- ☐ 1.3 cups butter unsalted room temperature ()
- ☐ 0.7 cup whipping cream
- ☐ 0.3 cup frangelico
- ☐ 0.3 cup frangelico

Equipment

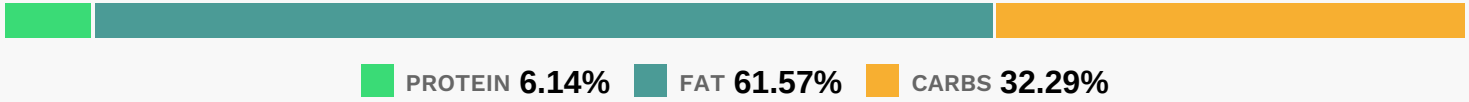
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 300°F. Butter and flour 12 miniature Bundt molds or 12 oversize muffin cups (each about 1-cup capacity). Toss nuts, figs, chocolate and ginger in medium bowl to blend.
- ☐ Using electric mixer, beat butter and sugar in large bowl until smooth and fluffy. Beat in eggs, 1/4 cup Frangelico and orange peel (mixture may look curdled). Sift both flours and salt over batter; mix in. Stir in nut and fruit mixture.
- ☐ Divide batter among molds.
- ☐ Bake cakes until tester inserted near center comes out clean, about 45 minutes (about 55 minutes if using muffin cups). Turn cakes out onto racks; brush with 1/4 cup liqueur. Cool cakes completely.
- ☐ Cut out twelve 10-inch cheesecloth squares.
- ☐ Pour 1 1/2 cups liqueur into small bowl. Dip 1 square into liqueur; squeeze out some but not all liqueur. Wrap 1 cake in liqueur-soaked cheesecloth, then in foil. Repeat dipping and wrapping with remaining cakes, adding more liqueur if needed. Chill at least 1 week and up to 2 weeks. Bring cakes to room temperature before serving.

- ☐
- Stir chocolate, 2/3 cup cream and liqueur in heavy medium saucepan over low heat until chocolate melts and sauce is smooth.
- ☐
- Arrange 1 cake on each plate.
- ☐
- Drizzle with sauce. Pipe or spoon whipped cream alongside, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:28.72, Inflammation Score:-8, Nutrition Score:21.800434962563%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 790.07kcal (39.5%), Fat: 55.47g (85.33%), Saturated Fat: 23.49g (146.78%), Carbohydrates: 65.44g (21.81%), Net Carbohydrates: 58.65g (21.33%), Sugar: 36.46g (40.51%), Cholesterol: 144.98mg (48.33%), Sodium: 137.07mg (5.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 12.44g (24.88%), Manganese: 2.46mg (122.78%), Copper: 0.95mg (47.58%), Vitamin E: 5.62mg (37.49%), Magnesium: 113.62mg (28.41%), Selenium: 19.43µg (27.75%), Fiber: 6.79g (27.17%), Vitamin B1: 0.4mg (26.67%), Iron: 4.72mg (26.22%), Phosphorus: 247.03mg (24.7%), Folate: 86.77µg (21.69%), Vitamin A: 962.51IU (19.25%), Vitamin B2: 0.3mg (17.66%), Potassium: 507.47mg (14.5%), Zinc: 2.05mg (13.63%), Vitamin B6: 0.26mg (13.21%), Vitamin B3: 2.22mg (11.08%), Vitamin B5: 0.94mg (9.44%), Vitamin K: 9.85µg (9.38%), Calcium: 93.51mg (9.35%), Vitamin D: 0.98µg (6.55%), Vitamin B12: 0.3µg (4.96%), Vitamin C: 3.9mg (4.72%)