



Jackie's Fruitcake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



707 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons baking soda
- 1 cup butter softened
- 20 ounce pineapple with juice crushed canned
- 3 cups confectioners' sugar
- 16 ounce cream cheese softened
- 3 eggs
- 2 cups flour all-purpose

- 0.8 cup maraschino cherries halved drained
- 1.5 teaspoons vanilla extract
- 1 cup walnuts chopped
- 1.8 cups sugar white

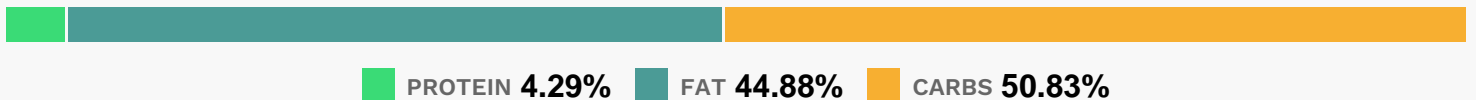
Equipment

- bowl
- frying pan
- oven
- hand mixer
- kugelhopf pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch Bundt pan.
- In a large bowl, combine the flour, baking power, baking soda, sugar, eggs, cherries, pineapple and walnuts. Stir by hand with a sturdy spoon just until blended. Spoon into the prepared pan, and spread evenly.
- Bake for 40 to 45 minutes in the preheated oven, or until the top springs back when lightly touched. Cool, then invert onto a serving plate. While the cake cools, mix together the butter, confectioners' sugar and vanilla in a medium bowl with an electric mixer until fluffy. Stir in the cream cheese, and beat until smooth. Frost cake with the icing when completely cool.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:32.61, Inflammation Score:-6, Nutrition Score:10.001739253169%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 706.53kcal (35.33%), Fat: 36.13g (55.58%), Saturated Fat: 18.34g (114.64%), Carbohydrates: 92.07g (30.69%), Net Carbohydrates: 89.77g (32.64%), Sugar: 72.77g (80.86%), Cholesterol: 119.77mg (39.92%), Sodium: 823.42mg (35.8%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 7.78g (15.56%), Manganese: 0.49mg (24.37%), Vitamin A: 1072IU (21.44%), Selenium: 14.94µg (21.34%), Vitamin B1: 0.26mg (17.27%), Vitamin B2: 0.28mg (16.64%), Folate: 59.18µg (14.8%), Copper: 0.28mg (13.8%), Phosphorus: 130.43mg (13.04%), Iron: 1.74mg (9.64%), Fiber: 2.3g (9.21%), Calcium: 86.03mg (8.6%), Magnesium: 32.87mg (8.22%), Vitamin B3: 1.53mg (7.63%), Vitamin B6: 0.14mg (6.91%), Vitamin E: 0.98mg (6.51%), Zinc: 0.89mg (5.91%), Potassium: 198.56mg (5.67%), Vitamin B5: 0.56mg (5.6%), Vitamin C: 4.57mg (5.54%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 3.03µg (2.88%), Vitamin D: 0.22µg (1.47%)