



## Jeweled Fruitcake

 Dairy Free

READY IN



120 min.

SERVINGS



32

CALORIES



187 kcal

DESSERT

### Ingredients

- 11 ounces apricot dried
- 12 ounces dates whole pitted
- 8 ounces brazil nuts
- 7 ounces candied pineapple green red chopped
- 12 ounces maraschino cherries whole green red drained
- 0.8 cup flour all-purpose
- 0.8 cup sugar
- 0.5 teaspoon double-acting baking powder

- 0.5 teaspoon salt
- 1.5 teaspoons vanilla
- 3 eggs
- 1 serving plus light

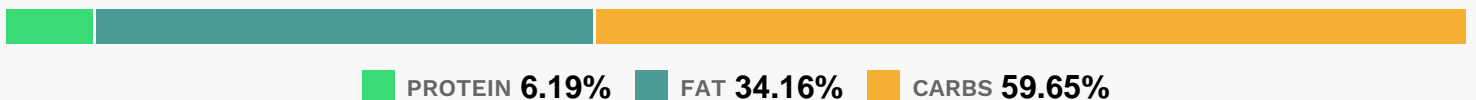
## Equipment

- frying pan
- oven
- wire rack
- loaf pan
- toothpicks
- aluminum foil

## Directions

- Heat oven to 300°F. Line loaf pan, 9x5x3 or 8 1/2x4 1/2x2 1/2 inches, with aluminum foil; grease foil.
- Mix all the ingredients except corn syrup.
- Spread in pan.
- Bake about 1 hour 45 minutes or until toothpick inserted in center comes out clean. If necessary, cover with aluminum foil for last 30 minutes of baking to prevent excessive browning.
- Remove fruitcake from pan (with foil) to wire rack. For a glossy top, immediately brush with corn syrup. Cool completely before cutting, about 24 hours. Wrap tightly and store in refrigerator no longer than 2 months.

## Nutrition Facts



## Properties

Glycemic Index:10.98, Glycemic Load:10.47, Inflammation Score:-4, Nutrition Score:5.1991304463666%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 187.4kcal (9.37%), Fat: 7.41g (11.4%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 26.41g (9.6%), Sugar: 22.72g (25.25%), Cholesterol: 15.35mg (5.11%), Sodium: 78.51mg (3.41%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3.02g (6.04%), Selenium: 10.14µg (14.49%), Manganese: 0.27mg (13.55%), Fiber: 2.7g (10.81%), Copper: 0.2mg (10.15%), Magnesium: 34.6mg (8.65%), Vitamin A: 379.34IU (7.59%), Vitamin B1: 0.11mg (7.45%), Phosphorus: 68.36mg (6.84%), Potassium: 231.3mg (6.61%), Vitamin E: 0.83mg (5.55%), Iron: 0.93mg (5.17%), Vitamin B3: 0.77mg (3.84%), Calcium: 35.41mg (3.54%), Zinc: 0.47mg (3.13%), Vitamin B2: 0.05mg (3.01%), Folate: 10.58µg (2.64%), Vitamin B6: 0.05mg (2.39%), Vitamin B5: 0.21mg (2.11%)