



Julekage (Danish Christmas Fruit Loaf)

READY IN



45 min.

SERVINGS



16

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup almonds chopped
- 2 tablespoons candied citron chopped
- 2 tablespoons candied orange peel chopped
- 2.3 teaspoons yeast dry
- 1 large eggs
- 2 large eggs lightly beaten
- 1 tablespoon milk fat-free
- 4.3 cups flour all-purpose divided

- 1 tablespoon granulated sugar
- 3 tablespoons granulated sugar divided
- 0.5 teaspoon ground cardamom
- 2 tablespoons candied lemon peel chopped
- 1 teaspoon lemon rind grated
- 0.3 cup nonfat milk dry
- 0.5 cup powdered sugar
- 0.3 cup raisins
- 0.1 teaspoon salt
- 1 teaspoon salt
- 6 tablespoons stick margarine softened
- 1 teaspoon vanilla extract
- 0.5 cup warm water (100° to 110°)
- 2 teaspoons water

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- loaf pan
- measuring cup

Directions

- To prepare dough, lightly spoon flour into dry measuring cups, and level with a knife.
- Combine 4 cups flour, 2 tablespoons granulated sugar, almonds, and the next 8 ingredients (almonds through cardamom) in a bowl.

- Dissolve 1 tablespoon of granulated sugar and yeast in warm water in a large bowl; let stand 5 minutes. Stir in butter, vanilla, and 2 beaten eggs until well-blended. Gradually add flour mixture; stir to combine. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour and 45 minutes. Dough will not double in size.(Press two fingers into dough. If indentation remains, the dough has risen enough.)
- Punch dough down; let rest 5 minutes.
- Roll into an 11 x 9-inch rectangle on a lightly floured surface.
- Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- Place, seam side down, in a 9 x 5-inch loaf pan coated with cooking spray. Cover and let rise 1 hour and 30 minutes.
- Preheat oven to 37
- Uncover the dough.
- Combine fat-free milk, 1/8 teaspoon salt, and 1 egg; brush lightly over loaf.
- Sprinkle with turbinado sugar.
- Bake at 375 for 45 minutes or until loaf sounds hollow when tapped.
- Remove from pan; cool on a wire rack.
- To prepare glaze, combine the powdered sugar, water, and almond extract in a small bowl.
- Drizzle over loaf.

Nutrition Facts

■ PROTEIN 10.1% ■ FAT 26.2% ■ CARBS 63.7%

Properties

Glycemic Index:20.14, Glycemic Load:21.74, Inflammation Score:-5, Nutrition Score:8.0973912794953%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin:

0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 248.4kcal (12.42%), Fat: 7.25g (11.16%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 37.92g (13.79%), Sugar: 11g (12.22%), Cholesterol: 35.28mg (11.76%), Sodium: 245.51mg (10.67%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 6.29g (12.58%), Vitamin B1: 0.33mg (22.1%), Selenium: 14.91µg (21.3%), Folate: 77.93µg (19.48%), Vitamin B2: 0.3mg (17.56%), Manganese: 0.33mg (16.5%), Vitamin B3: 2.31mg (11.55%), Iron: 1.94mg (10.76%), Phosphorus: 94.65mg (9.47%), Fiber: 1.76g (7.05%), Vitamin E: 1.06mg (7.04%), Vitamin A: 292.91IU (5.86%), Magnesium: 20.5mg (5.13%), Copper: 0.1mg (5.06%), Calcium: 48.27mg (4.83%), Vitamin B5: 0.44mg (4.41%), Potassium: 141.66mg (4.05%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.17µg (2.84%), Vitamin B6: 0.06mg (2.82%), Vitamin D: 0.4µg (2.69%), Vitamin C: 1.44mg (1.75%)