



Light Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



317 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.3 pound almonds
- 1 teaspoon double-acting baking powder
- 1 cup butter
- 0.5 pound candied citron chopped
- 4 eggs
- 2.5 cups flour all-purpose sifted
- 1.5 tablespoons juice of lemon

- 1 teaspoon lemon zest
- 0.8 cup maraschino cherries drained
- 1.5 cups raisins
- 2 teaspoons rosewater
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.3 cups sugar white

Equipment

- bowl
- frying pan
- oven

Directions

- Wash and dry raisins.
- Cut peel in paper-thin strips. Blanch almonds, and slice lengthwise. Slice cherries in half.
- Combine fruit and nuts in large bowl, and add 1/2 cup of the sifted flour; mix until fruit is well coated.
- Grease and line cake pans with 3 layers of heavy waxed paper, or 2 layers brown paper. These round pans are at least 3 inches deep. The small pan is 6 inches across, and the medium size pan is 9 inches across. Grease again. Preheat oven to 275 degrees F (135 degrees C).
- Cream butter until fluffy; add extracts and lemon rind. Gradually add sugar, mixing until creamy. Beat eggs until light and lemon-colored, and add into creamed mixture. Beat together well.
- Sift together remaining 2 cups flour with the baking powder and salt.
- Add these dry ingredients alternately with fruit and nut mixture, folding in gently until well combined. Stir in lemon juice.
- Turn batter into prepared cake tins, filling 2/3 full and spreading batter evenly.
- Bake small cake for 1 1/2 hours, and the medium size cake for 2 hours.
- Remove from oven. Allow to stand in tin 5 minutes. Turn cake out on wire cake rack to cool.

Nutrition Facts

PROTEIN 5.35% FAT 36.33% CARBS 58.32%

Properties

Glycemic Index:17.79, Glycemic Load:22.04, Inflammation Score:-4, Nutrition Score:6.2752173724382%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 316.69kcal (15.83%), Fat: 13.15g (20.23%), Saturated Fat: 6.37g (39.83%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 45.16g (16.42%), Sugar: 25.48g (28.31%), Cholesterol: 57.14mg (19.05%), Sodium: 179.87mg (7.82%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 4.36g (8.72%), Manganese: 0.28mg (14.15%), Vitamin B2: 0.21mg (12.28%), Selenium: 8.57µg (12.25%), Vitamin E: 1.83mg (12.18%), Vitamin B1: 0.15mg (10.06%), Fiber: 2.35g (9.4%), Folate: 36.13µg (9.03%), Iron: 1.46mg (8.12%), Phosphorus: 77.79mg (7.78%), Copper: 0.14mg (6.88%), Vitamin A: 337.48IU (6.75%), Vitamin B3: 1.26mg (6.32%), Magnesium: 24.29mg (6.07%), Potassium: 173.29mg (4.95%), Calcium: 47.28mg (4.73%), Zinc: 0.46mg (3.07%), Vitamin B6: 0.05mg (2.58%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.1µg (1.63%), Vitamin C: 1.15mg (1.4%), Vitamin D: 0.18µg (1.17%)