



Linda's Aussie Christmas Fruitcake

READY IN



165 min.

SERVINGS



16

CALORIES



500 kcal

DESSERT

Ingredients

- 0.5 cup brandy
- 0.5 cup brown sugar
- 125 g butter
- 1 teaspoon cinnamon
- 1 tablespoon cocoa powder
- 250 g currants
- 1.5 cups dates halved
- 3 eggs
- 1.5 cups candied cherries

- 1 tablespoon coffee instant
- 0.3 cup jam
- 1 cup candied orange peel mixed
- 0.5 teaspoon spice mixed
- 0.5 teaspoon nutmeg
- 1 cup flour plain
- 0.3 cup prune- cut to pieces pitted halved
- 0.8 cup self raising flour
- 0.5 cup cooking sherry sweet
- 250 g golden raisins
- 2 cups walnut pieces
- 0.3 cup water hot

Equipment

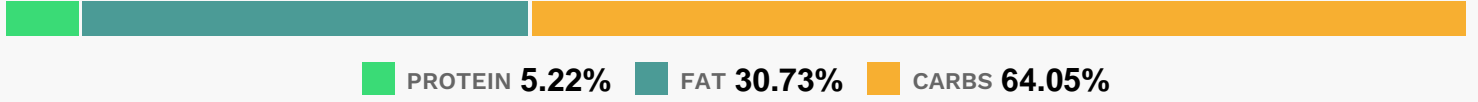
- bowl
- frying pan
- oven
- hand mixer
- cake form

Directions

- Combine prunes, sultanas and currants in a bowl, mix in sherry and brandy, cover and stand overnight. Grease a deep 23cm round cake pan, line with 3 layers of paper. Cream butter and sugar in small bowl with electric mixer until combined.
- Add eggs quickly, one at a time, beat only until combined between each addition.
- Transfer mixture to large bowl, stir in combined coffee and water and jam and the sifted dry ingredients in two lots.
- Drain prune mixture (reserve liquid).
- Add prune mixture, cherries, dates, peel and nuts to cake mixture.

- Spread cake mixture into prepared pan.
- Bake in slow oven (150C / 300F) for about 2 hours.
- Brush reserved liquid over hot cake. Cool in pan. Ice with Royal Icing (the packet kind is find) if you wish.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:24.22, Inflammation Score:-4, Nutrition Score:10.05000006116%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 499.74kcal (24.99%), Fat: 17.14g (26.37%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 80.36g (26.79%), Net Carbohydrates: 75.8g (27.57%), Sugar: 53.88g (59.87%), Cholesterol: 47.49mg (15.83%), Sodium: 85.14mg (3.7%), Alcohol: 3.28g (100%), Alcohol %: 2.77% (100%), Caffeine: 10.53mg (3.51%), Protein: 6.54g (13.09%), Manganese: 0.85mg (42.38%), Copper: 0.43mg (21.48%), Fiber: 4.56g (18.24%), Potassium: 487.83mg (13.94%), Phosphorus: 134.35mg (13.43%), Selenium: 9.29µg (13.27%), Magnesium: 50.79mg (12.7%), Vitamin B6: 0.23mg (11.7%), Iron: 1.93mg (10.72%), Vitamin B2: 0.18mg (10.52%), Vitamin B1: 0.16mg (10.47%), Folate: 40.37µg (10.09%), Vitamin B3: 1.49mg (7.43%), Calcium: 63.72mg (6.37%), Zinc: 0.88mg (5.89%), Vitamin A: 286.3IU (5.73%), Vitamin K: 4.73µg (4.5%), Vitamin B5: 0.42mg (4.19%), Vitamin E: 0.47mg (3.14%), Vitamin C: 1.99mg (2.41%), Vitamin B12: 0.09µg (1.45%), Vitamin D: 0.17µg (1.1%)