



## Little Chocolate-Coffee Fruitcakes

READY IN



45 min.

SERVINGS



5

CALORIES



1645 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter
- 10 ounce dates whole pitted chopped ()
- 0.8 cup apricot dried chopped
- 3 large eggs separated
- 2 cups flour all-purpose divided
- 1 teaspoon coffee instant
- 0.3 cup rum / brandy / coffee liqueur divided

- 5 servings rum / brandy / coffee liqueur
- 1.5 cups pecans toasted chopped
- 1 cup bittersweet chocolate
- 0.3 teaspoon salt
- 6 ounce bittersweet chocolate
- 1 teaspoon vanilla extract

## Equipment

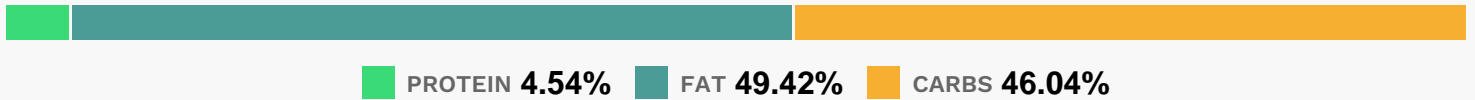
- bowl
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- wax paper
- cheesecloth

## Directions

- Grease five 6" x 3" x 2" loafpans. Line bottoms of loafpans with wax paper; set aside.
- Melt butter and chocolate in a heavy saucepan over low heat, stirring often. Stir in coffee granules.
- Remove mixture from heat, and let cool 15 minutes.
- Pour into a large bowl. Stir in brown sugar.
- Add egg yolks, stirring well.
- Add 2 tablespoons Kahla and vanilla; stir well.
- Combine 1 1/2 cups flour, soda, and salt; add to chocolate mixture.
- Combine dates and next 3 ingredients; sprinkle with remaining 1/2 cup flour, tossing to coat. Stir fruit mixture into batter. Beat egg whites at high speed of an electric mixer until stiff peaks form; fold into batter.

- Spoon batter evenly into prepared pans.
- Bake at 300 for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean.
- Let cool in pans on a wire rack 10 minutes; remove from pans, and brush loaves with remaining 1/4 cup Kahla.
- Let cool completely on a wire rack.
- Wrap fruitcakes in Kahla-soaked cheesecloth. Store in an airtight container in a cool place at least 1 week before serving.
- Pour a small amount of Kahla over each loaf every week up to 1 month. To serve, slice with an electric knife.

## Nutrition Facts



## Properties

Glycemic Index:44.08, Glycemic Load:51.11, Inflammation Score:-9, Nutrition Score:33.890869625237%

## Flavonoids

Cyanidin: 4.48mg, Cyanidin: 4.48mg, Cyanidin: 4.48mg, Cyanidin: 4.48mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 1645.02kcal (82.25%), Fat: 90.55g (139.31%), Saturated Fat: 41.63g (260.17%), Carbohydrates: 189.81g (63.27%), Net Carbohydrates: 173.84g (63.22%), Sugar: 128.59g (142.88%), Cholesterol: 213.35mg (71.12%), Sodium: 585.83mg (25.47%), Alcohol: 6.09g (100%), Alcohol %: 2.05% (100%), Caffeine: 65.64mg (21.88%), Protein: 18.71g (37.42%), Manganese: 2.96mg (148.18%), Copper: 1.55mg (77.63%), Fiber: 15.97g (63.88%), Magnesium: 211.88mg (52.97%), Iron: 9.46mg (52.58%), Selenium: 36.34µg (51.91%), Vitamin B1: 0.68mg (45.15%), Phosphorus: 445.74mg (44.57%), Vitamin A: 2057.82IU (41.16%), Potassium: 1296.16mg (37.03%), Folate: 127.32µg (31.83%), Vitamin B2: 0.53mg (31.1%), Zinc: 4.34mg (28.96%), Vitamin B3: 5.29mg (26.44%), Vitamin E: 3.14mg (20.91%), Vitamin B5: 1.71mg (17.11%), Calcium: 170.68mg (17.07%), Vitamin B6: 0.31mg (15.31%), Vitamin K: 11.67µg (11.12%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 0.6µg (4%)