



## Magic Fruitcake

READY IN



120 min.

SERVINGS



6

CALORIES



652 kcal

## Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 1 cup candied fruit peel mixed chopped
- ☐ 1 eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 9 ounce condensed mincemeat crumbled
- ☐ 1 cup pecans chopped
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup water

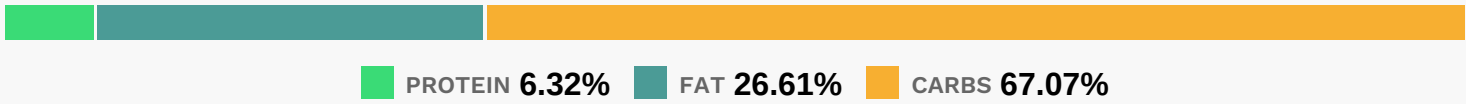
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. Line greased pan with parchment paper and coat paper with non-stick spray.
- ☐ In a saucepan, combine crumbled mincemeat and water. Bring to a boil and cook, stirring, for 1 minute. remove from heat and allow to cool.
- ☐ Stir in pecans, candied fruit, sweetened condensed milk, and egg. Stir in flour and baking soda until just blended.
- ☐ Pour into prepared pan.
- ☐ Bake in the preheated oven for 90 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:30.66, Inflammation Score:-4, Nutrition Score:12.841739151789%

## Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

## Nutrients (% of daily need)

Calories: 652.34kcal (32.62%), Fat: 19.69g (30.29%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 111.66g (37.22%), Net Carbohydrates: 106.82g (38.84%), Sugar: 84.32g (93.69%), Cholesterol: 49.77mg (16.59%), Sodium: 903.08mg (39.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Manganese: 0.93mg (46.5%), Calcium: 260.07mg (26.01%), Selenium: 18.03µg (25.76%), Phosphorus: 249.07mg (24.91%), Vitamin B2: 0.41mg (24.09%), Vitamin B1: 0.31mg (20.33%), Fiber: 4.84g (19.36%), Iron: 2.35mg (13.07%), Copper: 0.26mg (12.94%), Zinc: 1.65mg (11%), Magnesium: 43.69mg (10.92%), Folate: 43.31µg (10.83%), Potassium: 346.73mg (9.91%), Vitamin B5: 0.83mg (8.34%), Vitamin B3: 1.28mg (6.4%), Vitamin B12: 0.36µg (5.94%), Vitamin A: 256.36IU (5.13%), Vitamin B6: 0.09mg (4.56%), Vitamin C: 2.87mg (3.47%), Vitamin E: 0.45mg (2.98%), Vitamin D: 0.28µg (1.86%), Vitamin K: 1.1µg (1.05%)