



Mom's Fruitcake

READY IN



240 min.

SERVINGS



3

CALORIES



4520 kcal

DESSERT

Ingredients

- 1 cup apple jelly
- 1 teaspoon baking soda
- 0.3 cup brandy
- 1.3 cups butter
- 1 cup candied cherries
- 2 cups dates pitted cut in half
- 1 cup currants dried
- 7 eggs
- 5 cups flour all-purpose

- 2 teaspoons ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 16 ounce gum drops
- 2 cups raisins
- 1 teaspoon vanilla extract
- 1.3 cups walnuts
- 3 cups water boiling to cover
- 3 cups sugar white

Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Pour boiling water over raisins and currants to cover.
- Let steep for 5 minutes, then drain. In a very large bowl combine currants, raisins, gum drops, candied cherries, pitted dates, walnuts, spices, brandy and jelly. Stir to blend. Cover and let stand overnight.
- Preheat oven to 275 degrees F (135 degrees C). Grease three 8x4 inch loaf pans.
- Cream the butter and the sugar together until light and creamy.
- Add the eggs one at a time, mixing well after each one. Stir in the vanilla. Sift the flour and baking soda together. Blend in the flour mixture alternately with the fruit mixture.
- Pour evenly into three loaf pans.
- Bake at 275 degrees F (135 degrees C) for 2-1/4 to 3 hours or until a toothpick inserted in the center of the loaves comes out clean.

Nutrition Facts



■ PROTEIN 4.34% ■ FAT 23.95% ■ CARBS 71.71%

Properties

Glycemic Index:172.96, Glycemic Load:497.83, Inflammation Score:-10, Nutrition Score:61.084347724915%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 4520.32kcal (226.02%), Fat: 122.41g (188.32%), Saturated Fat: 55.46g (346.62%), Carbohydrates: 824.48g (274.83%), Net Carbohydrates: 796.28g (289.56%), Sugar: 464.63g (516.26%), Cholesterol: 585.27mg (195.09%), Sodium: 1293.45mg (56.24%), Alcohol: 7.14g (100%), Alcohol %: 0.61% (100%), Protein: 49.89g (99.78%), Manganese: 4.49mg (224.28%), Selenium: 114.12µg (163.03%), Vitamin B1: 2.11mg (140.97%), Folate: 519.59µg (129.9%), Vitamin B2: 2.06mg (121.23%), Fiber: 28.19g (112.77%), Iron: 18.8mg (104.47%), Copper: 1.99mg (99.32%), Phosphorus: 826.99mg (82.7%), Vitamin B3: 16.18mg (80.92%), Potassium: 2540.42mg (72.58%), Vitamin A: 2982.86IU (59.66%), Magnesium: 237.99mg (59.5%), Vitamin B6: 1.05mg (52.68%), Vitamin B5: 3.56mg (35.58%), Zinc: 5.17mg (34.48%), Calcium: 322.9mg (32.29%), Vitamin E: 4.05mg (27%), Vitamin C: 19.02mg (23.06%), Vitamin B12: 1.07µg (17.91%), Vitamin D: 2.05µg (13.69%), Vitamin K: 14.25µg (13.57%)