



Old Fashioned Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



736 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons brandy flavoring
- ☐ 1 cup butter softened
- ☐ 0.8 pound candied cherries whole
- ☐ 1.5 pounds ready mix candied fruit
- ☐ 1.5 teaspoon cinnamon
- ☐ 1 halves garnish: corn syrup and pecan light
- ☐ 6 eggs
- ☐ 4 cups flour all-purpose

- ☐ 1 teaspoon nutmeg
- ☐ 2 cups pecan halves
- ☐ 0.8 pound candied pineapple
- ☐ 1 pound raisins seedless
- ☐ 1 teaspoon salt
- ☐ 2.5 cups sugar

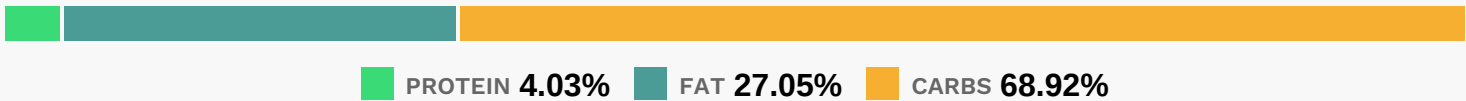
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In a large bowl, beat butter, sugar and eggs with an electric mixer until fluffy, adding eggs one at a time until yolk disappears. Stir in flavoring.
- ☐ Sift together next 4 ingredients and mix thoroughly with butter and egg mixture. Work the fruit and nuts into batter with hands. Grease and flour a 19" tube pan.
- ☐ Fill pan 2/3 full with batter.
- ☐ Bake at 275 for 3 hours. One-half hour before cake is done, brush top with corn syrup. Decorate with pecan halves and finish baking. Cool. If desired, place cake, wrapped in a wine-soaked cloth, in an airtight container. Store in a cool place for several weeks; this blends and mellows the cake.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:52.57, Inflammation Score:-5, Nutrition Score:13.679130398709%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 736.09kcal (36.8%), Fat: 22.68g (34.89%), Saturated Fat: 8.71g (54.42%), Carbohydrates: 130.01g (43.34%), Net Carbohydrates: 123.61g (44.95%), Sugar: 64.27g (71.41%), Cholesterol: 91.88mg (30.63%), Sodium: 293.83mg (12.78%), Alcohol: 0.21g (100%), Alcohol %: 0.12% (100%), Protein: 7.59g (15.19%), Manganese: 1.09mg (54.28%), Fiber: 6.4g (25.61%), Vitamin B1: 0.38mg (25.56%), Selenium: 16.66µg (23.8%), Iron: 3.87mg (21.52%), Vitamin B2: 0.32mg (18.54%), Folate: 72.87µg (18.22%), Copper: 0.32mg (15.94%), Vitamin C: 12.86mg (15.59%), Phosphorus: 127.48mg (12.75%), Vitamin B3: 2.43mg (12.17%), Potassium: 369.32mg (10.55%), Vitamin A: 495.91IU (9.92%), Calcium: 95.77mg (9.58%), Magnesium: 35.51mg (8.88%), Vitamin B6: 0.15mg (7.29%), Zinc: 1.09mg (7.28%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.7mg (4.69%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.78µg (1.69%)