



Old Fashioned Stack Cake

 Vegetarian

READY IN



1020 min.

SERVINGS



8

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 12 ounce fruit mixed dried
- ☐ 4 eggs beaten
- ☐ 4 cups flour all-purpose
- ☐ 8 servings ground cinnamon to taste
- ☐ 0.3 teaspoon ground nutmeg to taste or
- ☐ 8 servings salt to taste

- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups sugar white

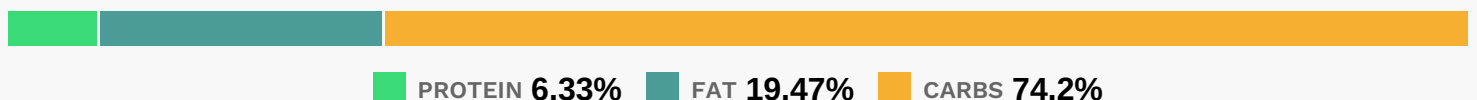
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ In a medium bowl, mix the flour, sugar, salt and baking powder. Make a well in the center of the mixture and pour in the eggs, vanilla extract and butter. Using the fingers, mix well, until a firm dough has formed. Wrap in a clean tea towel and chill in the refrigerator 8 to 12 hours, or overnight.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Turn a 9 inch round baking dish upside down, and lightly grease the surface.
- ☐ Pinch off a portion of the dough and roll out into a 9 inch circle approximately 1/3 inch thick. Continue this process with all the dough, making 5 to 7 layers.
- ☐ Bake each layer individually in the preheated oven 8 minutes, or until lightly brown.
- ☐ In a medium saucepan over medium heat, place the dried fruit in enough water to cover. Cook until soft and spreadable, but not runny, about 20 minutes.
- ☐ Drain the fruit well.
- ☐ Mix in the cinnamon, nutmeg and salt.
- ☐ Stack the layers, spreading equal portions of the fruit mixture between each layer and on top of the final layer. Chill in the refrigerator 8 to 12 hours, or overnight.

Nutrition Facts



Properties

Glycemic Index:49.14, Glycemic Load:76.9, Inflammation Score:-6, Nutrition Score:16.599130327287%

Nutrients (% of daily need)

Calories: 667.88kcal (33.39%), Fat: 14.81g (22.78%), Saturated Fat: 8.16g (51.01%), Carbohydrates: 126.95g (42.32%), Net Carbohydrates: 120.02g (43.64%), Sugar: 70.72g (78.57%), Cholesterol: 112.34mg (37.45%), Sodium: 455.06mg (19.79%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 10.84g (21.67%), Manganese: 1.01mg (50.27%), Selenium: 28.7µg (41.01%), Vitamin B1: 0.54mg (35.8%), Folate: 129.14µg (32.28%), Fiber: 6.93g (27.73%), Vitamin B2: 0.46mg (27.08%), Iron: 4.49mg (24.92%), Vitamin B3: 4.01mg (20.04%), Calcium: 188.32mg (18.83%), Phosphorus: 171.82mg (17.18%), Copper: 0.24mg (11.99%), Magnesium: 47.37mg (11.84%), Potassium: 401.41mg (11.47%), Vitamin A: 483.56IU (9.67%), Vitamin B5: 0.82mg (8.19%), Vitamin K: 8.5µg (8.1%), Zinc: 1.06mg (7.06%), Vitamin B6: 0.11mg (5.7%), Vitamin E: 0.8mg (5.31%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.44µg (2.93%)