



Our Favorite Holiday Fruitcake

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



664 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 cup dates chopped
- ☐ 2 cups raisins
- ☐ 0.5 cup glazed cherries dried sweetened chopped (can sub cranberries)
- ☐ 1 cup walnuts chopped
- ☐ 2 cups flour all-purpose divided (into)
- ☐ 0.5 cup butter (1 stick)

- ☐ 1 cup granulated sugar
- ☐ 1 eggs room temperature
- ☐ 1 rind of orange grated
- ☐ 1 teaspoon salt
- ☐ 1 ounces brandy

Equipment

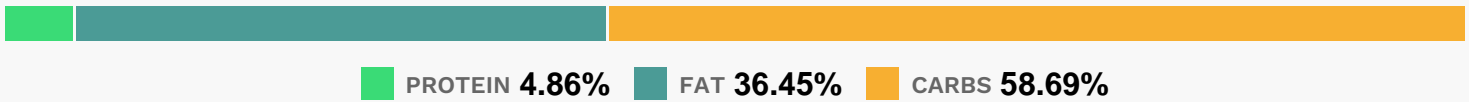
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Preheat oven, prepare loaf pan: Preheat oven to 325°F. Line a 9x5-inch loaf pan with greased parchment paper or brown baking paper, cut to fit the pan.
- ☐ Place one piece to run the length of the pan and stand up above the rim about an inch.
- ☐ Place the other piece or pieces to cover the other sides.
- ☐ (When the cake comes out of the oven, you can easily remove it by holding the sides of the paper and lifting the cake out of the pan.)
- ☐ Mix together sour cream and baking soda: In a small bowl, mix together the baking soda and sour cream; set aside.
- ☐ Toss dates, raisins, cherries with flour:
- ☐ Combine the dates, raisins, cherries, and nuts with 1/4 cup of the flour and toss to coat the fruit and nuts. Set aside.
- ☐ Beat butter and sugar, add egg, orange rind, sour cream and baking soda, add flour and salt, add fruit and nuts: Beat together the butter and sugar until fluffy.

- ☐ Mix in the egg, then the orange rind, then the sour cream/baking soda mix.
- ☐ Add the flour and the salt and mix together.
- ☐ Combine fruit/nut mixture with creamed ingredients and mix well to distribute the fruit and nuts evenly.
- ☐ Pour batter into baking pan and bake:
- ☐ Pour batter into a prepared 5x9-inch loaf pan.
- ☐ Place the batter filled pan into the preheated oven.
- ☐ Place a separate pan of water in the oven either on a rack underneath the fruitcake or beside it. (The water will help with a more even, gentle cooking.
- ☐ Bake at 325°F for one and a half to two hours or until a wooden skewer inserted into the center comes out clean.
- ☐ Water may need to be replenished during baking.
- ☐ Cool on a rack:
- ☐ Remove to a rack to cool for 5 minutes. Use the edges of the parchment paper to lift the cake out of the pan.
- ☐ Let cool completely. Wrap tightly with plastic wrap and then aluminum to store. If you want, you can sprinkle on a few ounces of brandy or bourbon, especially if you would like to store the fruit cake for a while.

Nutrition Facts



Properties

Glycemic Index:42.61, Glycemic Load:56.59, Inflammation Score:-6, Nutrition Score:13.618260818979%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 664.25kcal (33.21%), Fat: 27.88g (42.89%), Saturated Fat: 11.39g (71.19%), Carbohydrates: 101g (33.67%), Net Carbohydrates: 94.68g (34.43%), Sugar: 43.58g (48.42%), Cholesterol: 67.93mg (22.64%), Sodium: 547.58mg

(23.81%), Alcohol: 1.18g (100%), Alcohol %: 0.8% (100%), Protein: 8.37g (16.73%), Manganese: 0.88mg (44.23%), Fiber: 6.32g (25.28%), Vitamin B1: 0.36mg (23.8%), Copper: 0.44mg (22.14%), Selenium: 15.19µg (21.69%), Folate: 81.28µg (20.32%), Vitamin B2: 0.34mg (20.06%), Iron: 3.18mg (17.66%), Potassium: 571.99mg (16.34%), Phosphorus: 160.14mg (16.01%), Vitamin B3: 2.74mg (13.69%), Magnesium: 53.22mg (13.3%), Vitamin A: 574.42IU (11.49%), Vitamin B6: 0.22mg (10.89%), Calcium: 75.39mg (7.54%), Zinc: 0.98mg (6.56%), Vitamin B5: 0.57mg (5.65%), Vitamin C: 4.53mg (5.5%), Vitamin E: 0.79mg (5.26%), Vitamin K: 3µg (2.86%), Vitamin B12: 0.13µg (2.22%)