



Raw Vegan & Gluten-Free Fruitcake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



1320 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 1 cup dates
- ☐ 0.3 cup apricots dried chopped
- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup pineapples dried chopped
- ☐ 0.3 teaspoon sea salt
- ☐ 4 cups walnuts
- ☐ 0.3 cup water

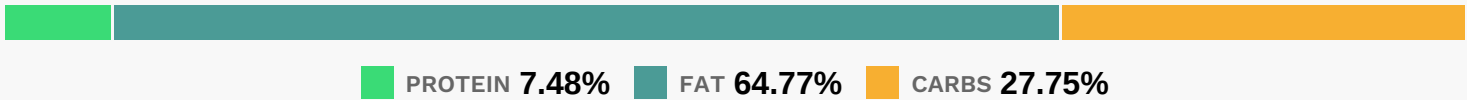
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk agave nectar and water together.
- ☐ Add all of dried fruit into bowl.
- ☐ Let set for one to two hours or until the fruit softens.In a food processor, combine walnuts, seasonings and sea salt.
- ☐ Add dates and continue to mix until you acheive a sticky dough.
- ☐ Transfer the walnut dough to a large bowl. Fold in the soaked fruit until distributed throughout the dough.Shape the fruitcake in a 5-inch round or square or however you choose. Have fun with it!

Nutrition Facts



Properties

Glycemic Index:108.58, Glycemic Load:29.52, Inflammation Score:-9, Nutrition Score:33.489130890888%

Flavonoids

Cyanidin: 5.06mg, Cyanidin: 5.06mg, Cyanidin: 5.06mg, Cyanidin: 5.06mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 1320.27kcal (66.01%), Fat: 102.22g (157.26%), Saturated Fat: 9.66g (60.35%), Carbohydrates: 98.54g (32.85%), Net Carbohydrates: 81.23g (29.54%), Sugar: 67.19g (74.66%), Cholesterol: 0mg (0%), Sodium: 204.58mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.1%), Manganese: 5.87mg (293.61%), Copper: 2.69mg (134.4%), Magnesium: 278.64mg (69.66%), Fiber: 17.31g (69.23%), Phosphorus: 594.15mg (59.42%), Vitamin B6: 1.03mg (51.69%), Folate: 171.88µg (42.97%), Vitamin B1: 0.59mg (39.63%), Potassium: 1247.87mg (35.65%), Zinc: 5.09mg (33.9%), Iron: 5.86mg (32.54%), Calcium: 205.27mg (20.53%), Vitamin B2: 0.33mg (19.58%), Vitamin A: 796.4IU (15.93%), Vitamin C: 12.5mg (15.16%), Vitamin B3: 3mg (15.01%), Selenium: 9.8µg (14%), Vitamin B5: 1.28mg (12.83%), Vitamin E: 1.81mg (12.08%), Vitamin K: 10.96µg (10.44%)