



Real Old-Fashioned Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 3 tablespoons brandy divided
- ☐ 0.5 cup butter
- ☐ 0.5 cup candied citron diced
- ☐ 2 tablespoons blackstrap molasses dark
- ☐ 1 cup currants dried
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose

- ☐ 2 teaspoons flour all-purpose
- ☐ 3.5 ounces flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon mace
- ☐ 0.5 teaspoon grating nutmeg whole grated
- ☐ 2 cups raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 5 cups water hot

Equipment

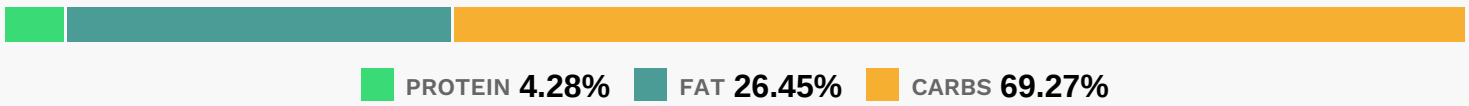
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 25
- ☐ Pour water in a 13 x 9-inch baking pan; place pan on bottom rack in oven.
- ☐ Coat an 8 x 4-inch loaf pan with cooking spray; dust with 2 teaspoons flour.
- ☐ Combine raisins, currants, citron, and 2 tablespoons flour, tossing well to coat; set aside.

- ☐ Lightly spoon 3/4 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 3/4 cup flour, nutmeg, and next 5 ingredients (through cloves), stirring with a whisk.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Remove from heat; add sugar, stirring with a whisk. Stir in 1 1/2 tablespoons brandy, molasses, and eggs.
- ☐ Add flour mixture, stirring until smooth. Gradually stir in fruit mixture. Spoon batter into prepared pan; sharply tap pan once on counter to remove air bubbles.
- ☐ Bake at 250 for 2 hours.
- ☐ Remove pan of water from oven; bake cake an additional 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Brush with remaining 1 1/2 tablespoons brandy. Cool in pan 1 hour on a wire rack. Loosen cake from sides of pan with a knife.
- ☐ Remove cake from pan; cool completely. Wrap cake in plastic wrap; wrap cake in wrap with foil. Chill 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:18.55, Inflammation Score:-2, Nutrition Score:4.2869565383248%

Nutrients (% of daily need)

Calories: 219.95kcal (11%), Fat: 6.6g (10.15%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 36.95g (13.44%), Sugar: 17.56g (19.51%), Cholesterol: 38.5mg (12.83%), Sodium: 117.85mg (5.12%), Alcohol: 0.94g (100%), Alcohol %: 0.86% (100%), Protein: 2.4g (4.8%), Manganese: 0.2mg (10.21%), Potassium: 277.67mg (7.93%), Fiber: 1.94g (7.78%), Selenium: 5.18µg (7.4%), Iron: 1.23mg (6.85%), Vitamin B2: 0.11mg (6.75%), Vitamin B1: 0.1mg (6.47%), Copper: 0.12mg (6.23%), Magnesium: 18.4mg (4.6%), Vitamin B6: 0.09mg (4.59%), Phosphorus: 45.89mg (4.59%), Folate: 18.19µg (4.55%), Vitamin A: 218.91IU (4.38%), Vitamin B3: 0.82mg (4.09%), Calcium: 28.18mg (2.82%), Vitamin C: 1.41mg (1.71%), Vitamin B5: 0.17mg (1.68%), Vitamin E: 0.25mg (1.66%), Zinc: 0.23mg (1.51%), Vitamin B12: 0.07µg (1.13%)