



Rich Christmas Fruitcake

 Vegetarian

READY IN



320 min.

SERVINGS



10

CALORIES



758 kcal

DESSERT

Ingredients

- 50 g almonds chopped
- 0.5 cup brandy
- 225 g brown sugar soft
- 225 g butter
- 50 g fruit jell-o® mix chopped
- 0.5 teaspoon cinnamon
- 450 g currants
- 4 large eggs

- 225 g flour
- 50 g candied cherries chopped
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg fresh ()
- 10 orange juice
- 10 servings optional: lemon
- 0.5 teaspoon spice mixed
- 10 servings cranberry-orange relish
- 175 g raisins
- 0.5 teaspoon salt
- 175 g golden raisins
- 1 tablespoon blackstrap molasses

Equipment

- oven
- mixing bowl
- cake form
- skewers

Directions

- The night before you cook this place all the fruit fruit peel and nuts into a bowl and soak for 12 hours in the brandy and orange juice; Stir every time you go into the kitchen!pre-heat oven to 275F/140C.Grease and line with greaseproof paper an 8 inch/20cm round cake tin.Sift the flour salt and spices into a large mixing bowl.In a separate bowl cream the butter and sugar together until the mixtures fluffy.Beat the eggs and add them a little at a time.Fold in the flour and spices.Stir in the fruit that has been soaking along with any excess liquid.
- Mix in the treacle.Spoon into the cake tin and spread out evenly.Cover the cake with a double square of greaseproof paper with a small hole in the top.
- Bake the cake on the lower shelf for 4& 1/4- 3/4 hours.When the cake is cold wrap in double greaseproof paper and store in an airtight tin.Feed the cake every two days for the first 2 weeks with a spoonful of brandy and/or orange juice and/or glac cherry syrup.First poke little

holes in the cake with a knitting needle or a skewer. Come Christmas you will have a very very rich fruit cake. Use royal icing to ice it or almond paste and royal icing. I don't like almond paste!

Nutrition Facts

PROTEIN 5.25% FAT 27.43% CARBS 67.32%

Properties

Glycemic Index: 52.95, Glycemic Load: 43.08, Inflammation Score: -8, Nutrition Score: 21.646087003791%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 33.65mg, Hesperetin: 33.65mg, Hesperetin: 33.65mg, Hesperetin: 33.65mg Naringenin: 15.13mg, Naringenin: 15.13mg, Naringenin: 15.13mg, Naringenin: 15.13mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 758.27kcal (37.91%), Fat: 23.46g (36.09%), Saturated Fat: 12.58g (78.61%), Carbohydrates: 129.58g (43.19%), Net Carbohydrates: 121.63g (44.23%), Sugar: 80.47g (89.41%), Cholesterol: 122.78mg (40.92%), Sodium: 327.1mg (14.22%), Alcohol: 4.01g (100%), Alcohol %: 1.43% (100%), Protein: 10.1g (20.19%), Vitamin C: 85.36mg (103.47%), Manganese: 0.73mg (36.75%), Fiber: 7.94g (31.77%), Potassium: 1073.01mg (30.66%), Vitamin B1: 0.43mg (28.41%), Vitamin B2: 0.45mg (26.63%), Folate: 105.11µg (26.28%), Selenium: 15.97µg (22.82%), Copper: 0.44mg (22.18%), Iron: 3.88mg (21.53%), Vitamin A: 1031.7IU (20.63%), Phosphorus: 197.63mg (19.76%), Vitamin B6: 0.38mg (19.09%), Magnesium: 72.5mg (18.12%), Calcium: 163.1mg (16.31%), Vitamin B3: 3.22mg (16.09%), Vitamin E: 2.3mg (15.31%), Vitamin B5: 0.9mg (9.05%), Zinc: 0.97mg (6.47%), Vitamin K: 3.92µg (3.73%), Vitamin B12: 0.22µg (3.6%), Vitamin D: 0.4µg (2.67%)