



Rich Dark Fruitcake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



1868 kcal

DESSERT

Ingredients

- 1 tablespoon almond extract
- 2 cups almonds
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups butter
- 0.5 pound candied cherries
- 3 cups candied citrus peel mixed
- 1.5 cups dates pitted

- 3 cups currants dried
- 12 egg whites
- 12 egg yolks
- 3.3 cups flour all-purpose
- 0.5 cup grape juice
- 2 teaspoons ground allspice
- 4 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 0.5 cup blackstrap molasses
- 6 cups raisins
- 6 cups sultana raisins
- 0.5 teaspoon salt
- 0.5 cup strong coffee decoction brewed
- 1 tablespoon vanilla extract
- 2 cups sugar white

Equipment

- bowl
- oven
- wire rack

Directions

- Wash and dry the raisins and the currants. Wash, dry, pit, and chop the dates. Chop the raisins and the citrus peel. Slice the cherries. Blanch the almonds, and slice them lengthwise.
- Combine fruits and nuts in large bowl.
- Grease and line 3 standard Christmas cake pans (these round pans are at least 3 inches deep and come in a set of three sizes- 5, 7, and 9 inch across) with 4 layers of heavy waxed paper, or 3 layers of brown paper. Grease again. Preheat oven to 275 degrees F (135 degrees C).

- Sift together flour, baking powder, soda, salt, and spices onto a piece of waxed paper.
- Remove 1 cup of this flour mixture, and combine with fruit and nuts.
- Mix until fruit is well coated.
- Cream the butter until fluffy.
- Add extracts. Gradually add sugar, mixing until creamy. Beat egg yolks until light and lemon-colored, and beat into the butter mixture. Stir in the molasses, and beat together well.
- Add half of the remaining flour mixture, and blend thoroughly.
- Beat egg whites until stiff but not dry; fold into batter. Stir in lightly the remaining flour mixture alternately with combined fruit juice and coffee.
- Add floured fruit and nuts, blending in until fruit is well distributed.
- Turn batter into prepared cake tins, filling each about 2/3 full and spreading batter evenly.
- Bake in center of oven.
- Bake small cake 2 1/2 hours, medium cake 3 1/2 hours, and large cake 4 to 4 1/2 hours.
- Remove from oven and allow to stand 5 minutes, then turn out on wire rack to cool.

Nutrition Facts

PROTEIN 5.03%

FAT 26.88%

CARBS 68.09%

Properties

Glycemic Index:62.57, Glycemic Load:145.4, Inflammation Score:-9, Nutrition Score:41.523478590924%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Petunidin: 0.13mg, Petunidin: 0.13mg,
 Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin:
 0.24mg Malvidin: 1.41mg, Malvidin: 1.41mg, Malvidin: 1.41mg, Malvidin: 1.41mg Peonidin: 0.13mg, Peonidin: 0.13mg,
 Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg
 Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg
 Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.07mg,
 Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin:
 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin:
 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg,
 Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin:
 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1868.02kcal (93.4%), Fat: 58.79g (90.45%), Saturated Fat: 26.98g (168.64%), Carbohydrates: 334.98g (111.66%), Net Carbohydrates: 313.27g (113.92%), Sugar: 144.22g (160.25%), Cholesterol: 330.89mg (110.3%), Sodium: 781.61mg (33.98%), Alcohol: 0.89g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.74mg (1.58%), Protein: 24.77g (49.54%), Manganese: 2.24mg (111.88%), Fiber: 21.71g (86.83%), Potassium: 2566.47mg (73.33%), Vitamin B2: 1.23mg (72.3%), Vitamin E: 9.06mg (60.41%), Copper: 1.19mg (59.37%), Selenium: 40.26µg (57.52%), Iron: 10.29mg (57.17%), Magnesium: 215.82mg (53.96%), Phosphorus: 506.46mg (50.65%), Vitamin B1: 0.71mg (47.14%), Vitamin B6: 0.75mg (37.39%), Calcium: 346.84mg (34.68%), Folate: 135.6µg (33.9%), Vitamin B3: 6.65mg (33.24%), Vitamin A: 1494.49IU (29.89%), Zinc: 2.38mg (15.85%), Vitamin B5: 1.48mg (14.8%), Vitamin C: 11.72mg (14.21%), Vitamin B12: 0.53µg (8.85%), Vitamin D: 1.17µg (7.78%), Vitamin K: 6.06µg (5.77%)