



Sherry-Nut Fruitcake

READY IN



45 min.

SERVINGS



10

CALORIES



1202 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon almond extract
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.8 cup butter softened
- ☐ 0.8 pound candied cherries green chopped
- ☐ 0.8 pound candied cherries red chopped
- ☐ 0.8 cup cooking sherry dry
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 2 cups golden raisins

- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon orange extract
- ☐ 4 cups pecans chopped
- ☐ 1 pound candied pineapple chopped
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce strawberry preserves
- ☐ 0.8 cup sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.8 cup whipping cream

Equipment

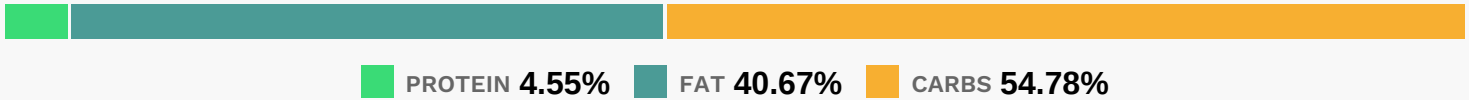
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Soak raisins in sherry 8 hours; drain and set aside.
- ☐ Combine pineapple, candied cherries, pecans, and 1 cup flour, tossing to coat. Set aside.
- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugars, beating well.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Combine remaining 2 cups flour, salt, allspice, cinnamon, and, if desired, mace.
- ☐ Add to butter mixture alternately with whipping cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Add preserves and extracts, beating well. Stir in reserved raisins and fruit mixture. Spoon into a greased and floured 10-inch tube pan.

☐ Bake at 275 for 3 hours or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 20 minutes; remove from pan, and cool completely on wire rack. If desired, soak cheesecloth in 2/3 cup dry sherry, wrap around cake, and place in an airtight container; refrigerate 7 to 10 days.

Nutrition Facts



Properties

Glycemic Index:36.04, Glycemic Load:57.55, Inflammation Score:-8, Nutrition Score:24.14391298916%

Flavonoids

Cyanidin: 4.68mg, Cyanidin: 4.68mg, Cyanidin: 4.68mg, Cyanidin: 4.68mg Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 2.45mg, Epigallocatechin: 2.45mg, Epigallocatechin: 2.45mg, Epigallocatechin: 2.45mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 1201.73kcal (60.09%), Fat: 55.24g (84.99%), Saturated Fat: 10.7g (66.86%), Carbohydrates: 167.43g (55.81%), Net Carbohydrates: 159.37g (57.95%), Sugar: 100.71g (111.9%), Cholesterol: 131.77mg (43.92%), Sodium: 285.76mg (12.42%), Alcohol: 2.06g (100%), Alcohol %: 0.71% (100%), Protein: 13.9g (27.8%), Manganese: 2.82mg (141.1%), Vitamin B1: 0.64mg (42.89%), Copper: 0.8mg (39.8%), Selenium: 25.25µg (36.07%), Fiber: 8.07g (32.27%), Vitamin C: 25.81mg (31.29%), Vitamin B2: 0.52mg (30.39%), Phosphorus: 281.6mg (28.16%), Folate: 105.78µg (26.45%), Iron: 4.38mg (24.34%), Vitamin A: 1085.77IU (21.72%), Magnesium: 86.84mg (21.71%), Zinc: 2.87mg (19.11%), Potassium: 610.88mg (17.45%), Vitamin B3: 3.38mg (16.89%), Vitamin B6: 0.33mg (16.68%), Vitamin B5: 1.23mg (12.34%), Calcium: 115.66mg (11.57%), Vitamin E: 1.72mg (11.48%), Vitamin D: 0.89µg (5.9%), Vitamin B12: 0.31µg (5.21%), Vitamin K: 3.77µg (3.59%)