



Southern Fruitcake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



995 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds chopped
- ☐ 1 cup butter softened
- ☐ 8 ounce candied cherries red finely chopped
- ☐ 8 ounce candied citron chopped
- ☐ 4 ounce candied orange peel chopped
- ☐ 5 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup grape jelly

- ☐ 0.3 teaspoon ground allspice
- ☐ 1.3 tablespoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon lemon extract
- ☐ 4 ounce lemon zest chopped
- ☐ 0.3 teaspoon orange extract
- ☐ 1 cup pecans chopped
- ☐ 8 ounce pineapple chopped
- ☐ 30 ounce raisins chopped
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wine

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine first 9 ingredients; let stand overnight.
- ☐ Cream butter in a large mixing bowl; gradually add sugar, beating until light and fluffy.
- ☐ Add jelly, beating well.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Combine flour and spices; add to creamed mixture, mixing well. Stir in fruit mixture and flavorings.
- ☐ Spoon batter into a brown paper-lined and greased 10-inch tube pan.
- ☐ Bake at 275 for 3 to 3 1/2 hours or until cake tests done. Cool cake completely in pan.

Nutrition Facts



PROTEIN 4.34% FAT 29.93% CARBS 65.73%

Properties

Glycemic Index:44.26, Glycemic Load:69.98, Inflammation Score:-8, Nutrition Score:22.051304397376%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 995.16kcal (49.76%), Fat: 34.51g (53.1%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 170.52g (56.84%), Net Carbohydrates: 158.7g (57.71%), Sugar: 70.12g (77.91%), Cholesterol: 81.84mg (27.28%), Sodium: 310.32mg (13.49%), Alcohol: 0.96g (100%), Alcohol %: 0.39% (100%), Protein: 11.25g (22.5%), Manganese: 1.61mg (80.66%), Fiber: 11.83g (47.3%), Vitamin C: 31.78mg (38.53%), Vitamin B2: 0.54mg (31.97%), Copper: 0.61mg (30.72%), Potassium: 975.91mg (27.88%), Vitamin B1: 0.4mg (26.69%), Vitamin E: 3.94mg (26.29%), Iron: 4.71mg (26.15%), Selenium: 16.35µg (23.35%), Phosphorus: 228.46mg (22.85%), Magnesium: 84.08mg (21.02%), Vitamin A: 965.85IU (19.32%), Folate: 67.91µg (16.98%), Vitamin B6: 0.3mg (15.05%), Vitamin B3: 2.97mg (14.84%), Calcium: 122.87mg (12.29%), Zinc: 1.54mg (10.24%), Vitamin B5: 0.73mg (7.31%), Vitamin B12: 0.22µg (3.64%), Vitamin D: 0.44µg (2.93%), Vitamin K: 1.23µg (1.17%)