

## Southern Fruitcake

READY IN



110 min.

SERVINGS



16

CALORIES



605 kcal

DESSERT

### Ingredients

- 4 cups pecans chopped
- 1.8 cups candied pineapple chopped
- 1.5 cups peaches dried chopped
- 1.5 cups golden raisins
- 2 cups flour all-purpose divided
- 1 cup butter softened
- 1 cup brown sugar packed
- 5 eggs
- 1 cup all-natural apricot nectar divided

- 0.5 cup honey
- 0.3 cup milk
- 1.5 teaspoons ground cinnamon
- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.5 teaspoon ground allspice

## Equipment

- bowl
- oven
- wire rack
- loaf pan
- toothpicks
- skewers

## Directions

- Grease and flour two 9x5-in. loaf pans. Line the bottoms with waxed paper; grease and flour the paper. Set aside.
- Combine the pecans, pineapple, peaches, raisins and 1/2 cup flour; set aside.
- In a large bowl, cream butter and sugar; add the eggs, one at a time, beating well after each addition.
- Add 1/2 cup peach nectar, honey and milk; beat well (mixture will appear curdled).
- Combine cinnamon, baking powder, salt, allspice and remaining flour; add to the creamed mixture and mix well.
- Add pecan mixture; stir well.
- Pour into prepared pans.
- Bake at 325° for 1-1/2 hours or until a toothpick inserted in the center comes out clean. Cool for 10 minutes.
- With a skewer, poke holes in the loaves. Spoon remaining nectar over loaves.

Let stand for 10 minutes; remove from pans to a wire rack to cool completely. Wrap tightly and store in a cool place. Slice and bring to room temperature before serving.

## Nutrition Facts

**PROTEIN 5.19%** **FAT 53.24%** **CARBS 41.57%**

### Properties

Glycemic Index:24.62, Glycemic Load:19.24, Inflammation Score:-7, Nutrition Score:14.379999990049%

### Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

### Nutrients (% of daily need)

Calories: 604.76kcal (30.24%), Fat: 37.41g (57.56%), Saturated Fat: 9.54g (59.64%), Carbohydrates: 65.73g (21.91%), Net Carbohydrates: 60.09g (21.85%), Sugar: 43.48g (48.31%), Cholesterol: 82.11mg (27.37%), Sodium: 268.09mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Manganese: 1.48mg (74.08%), Copper: 0.48mg (23.88%), Fiber: 5.65g (22.59%), Vitamin B1: 0.32mg (21.45%), Vitamin A: 982.02IU (19.64%), Phosphorus: 166.38mg (16.64%), Iron: 2.95mg (16.4%), Selenium: 11.2µg (15.99%), Vitamin B2: 0.25mg (14.69%), Magnesium: 52.34mg (13.09%), Potassium: 443.17mg (12.66%), Zinc: 1.72mg (11.43%), Vitamin B3: 2.13mg (10.65%), Folate: 42.42µg (10.61%), Calcium: 83.1mg (8.31%), Vitamin B6: 0.16mg (7.93%), Vitamin C: 6.2mg (7.51%), Vitamin B5: 0.69mg (6.89%), Vitamin E: 0.98mg (6.53%), Vitamin K: 5.12µg (4.88%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.32µg (2.11%)