



Unbaked Fruitcake II

READY IN



45 min.

SERVINGS



24

CALORIES



570 kcal

DESSERT

Ingredients

- 2 pounds dates pitted
- 2 cups evaporated milk
- 2 pounds graham cracker crumbs
- 2 pounds marshmallows miniature
- 2 cups nuts chopped
- 2 pounds orange candy chopped
- 2 teaspoons vanilla extract
- 2 cups sugar white

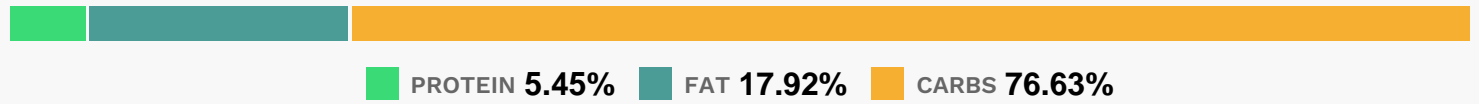
Equipment

- bowl
- loaf pan

Directions

- In a large bowl, combine the orange candy, dates, marshmallows, nuts, graham crackers, sugar, evaporated milk and vanilla.
- Mix together well and press into regular or molded loaf pans. Chill overnight before slicing.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:65.83, Inflammation Score:-5, Nutrition Score:10.698260904006%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Hesperetin: 10.3mg, Hesperetin: 10.3mg, Hesperetin: 10.3mg, Hesperetin: 10.3mg Naringenin: 5.79mg, Naringenin: 5.79mg, Naringenin: 5.79mg, Naringenin: 5.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 569.59kcal (28.48%), Fat: 11.86g (18.25%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 114.14g (38.05%), Net Carbohydrates: 107.8g (39.2%), Sugar: 76.75g (85.28%), Cholesterol: 6.09mg (2.03%), Sodium: 303.99mg (13.22%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 8.11g (16.22%), Fiber: 6.33g (25.34%), Vitamin C: 20.71mg (25.1%), Phosphorus: 202.96mg (20.3%), Magnesium: 75.17mg (18.79%), Manganese: 0.35mg (17.33%), Copper: 0.3mg (15.06%), Potassium: 521.27mg (14.89%), Iron: 2.56mg (14.24%), Vitamin B3: 2.65mg (13.26%), Vitamin B2: 0.22mg (13.24%), Calcium: 124.27mg (12.43%), Vitamin B1: 0.17mg (11.53%), Folate: 43.97µg (10.99%), Zinc: 1.5mg (10.03%), Vitamin B6: 0.17mg (8.5%), Vitamin B5: 0.6mg (5.98%), Selenium: 2.55µg (3.64%), Vitamin A: 140.82IU (2.82%), Vitamin K: 1.15µg (1.09%)