



WHATSheATE



## Vegan Christmas Fruitcake



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



144 kcal

DESSERT

### Ingredients



0.8 cup all purpose flour



0.8 cup apple sauce (Instead Of 3 Eggs)



0.3 Teaspoon double-acting baking powder



0.5 Teaspoon baking soda



3 cups fruits dried chopped (Any Combination)



0.8 cup brown sugar light



3 cups nuts chopped (Any Nuts)



0.3 Teaspoon salt

- ☐ 5 to 10 drops tea masala extract (Optional)
- ☐ 1 Teaspoon vanilla extract
- ☐ 0.3 cup water

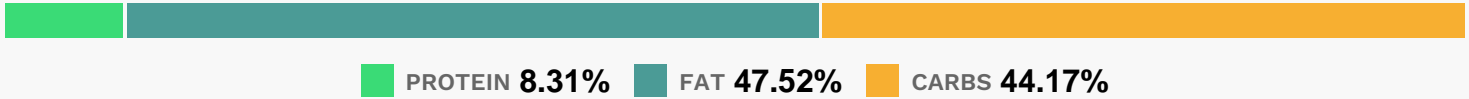
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula

## Directions

- ☐ Preheat the oven at 375F for 15 minutes. Grease and dust a 13×9 inch pan with little flour. In a large bowl whisk together all purpose flour, baking soda, baking powder, salt and light brown sugar. Also add the chopped dried fruits and nuts of your choice. Make sure that the dried fruits are not lumped together. Use your fingers mix it thoroughly. In a liquid measuring mug, measure 3/4th cup of applesauce.
- ☐ Add the vanilla extract, 1/4 cup water and tea masala extract (if using).
- ☐ Whisk it nicely.
- ☐ Add the wet ingredients to the dry ingredients and mix it well. Since it's a lot of dried fruits and nuts, chances are the flour mixture in the bottom may not be combined well.
- ☐ Spread the batter into the prepared pan and use a spatula to evenly press it.
- ☐ Bake for the 30 minutes at 375F. When I inserted a toothpick in the center it was almost done and it had started to become golden brown. I wanted to bake it for another 5 minutes, but I worried if the cake would become very dark, so I reduced the temperature to 300F and baked it for 5 more minutes. Once out of the oven, leave the pan on a wire rack and let it cool completely before cutting it. I inverted the fruitcake on a big cookie sheet and then cut them into pieces. This cake will store for months in the refrigerator.

# Nutrition Facts



## Properties

Glycemic Index:7.02, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:4.0960869847432%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Thearubigins: 0.15mg, Thearubigins: 0.15mg, Thearubigins: 0.15mg, Thearubigins: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 143.88kcal (7.19%), Fat: 8g (12.31%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 14.78g (5.37%), Sugar: 9.21g (10.24%), Cholesterol: 0mg (0%), Sodium: 49.18mg (2.14%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 3.15g (6.3%), Manganese: 0.33mg (16.74%), Copper: 0.23mg (11.31%), Magnesium: 37.5mg (9.38%), Fiber: 1.96g (7.83%), Phosphorus: 75.13mg (7.51%), Vitamin B3: 1.03mg (5.17%), Iron: 0.87mg (4.81%), Zinc: 0.64mg (4.25%), Vitamin B1: 0.06mg (4.13%), Potassium: 131.25mg (3.75%), Folate: 14.61µg (3.65%), Vitamin B2: 0.06mg (3.27%), Vitamin B6: 0.06mg (2.77%), Vitamin B5: 0.22mg (2.22%), Calcium: 19.91mg (1.99%), Selenium: 1.23µg (1.75%), Vitamin A: 80.9IU (1.62%), Vitamin K: 1.21µg (1.15%)