

Best Ever Coconut Fruit Cake

*Mrs. Evangeline Callens Artigue - Krotz Springs, LA
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA*

*1/2 pound candied pineapple, red and green
1/2 pound candied cherries, red and green
1 quart pecans, coarsely chopped
1 pound dates, coarsely chopped
1 cup sugar
1 fresh coconut (reserve milk), finely grated
4 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1/2 teaspoon salt
1 teaspoon baking powder
1/2 cup apricot brandy*

Reserve four pieces of pineapple, six red cherries, six green cherries and one dozen pecan halves to garnish the top. Chop the rest of the fruit and pecans. Grate the coconut. In a bowl, combine the chopped fruit, chopped pecans, grated coconut and chopped dates. Add the coconut milk to the fruit. Refrigerate overnight.

Next day, preheat the oven to 300 degrees.

Place the fruit in a large pan and mix well. Add the sugar, well-beaten eggs and vanilla.

In a bowl, sift the flour, salt and baking powder. Add to the fruit mixture and combine thoroughly.

Grease a tube pan with shortening and line with two layers of brown paper cut to fit the bottom of the pan. Grease the paper lining and flour lightly.

Pour the fruit mixture into the pan. Garnish with the reserved fruit and pecans.

Bake for 15 minutes. Increase the oven temperature to 325 degrees. Bake for one hour longer. Test with a straw for doneness. Let cool for 20 minutes. Peel off the paper and place on a wire rack until completely cooled.

Pour the apricot brandy over the cake. Wrap well in foil.

Every so often, pour one-half cup of brandy over the cake.

Keep in an air-tight container in a cool place until ripened. (Bake at the end of November if intended for Christmas.)

Per Serving (excluding unknown items): 5903 Calories; 315g Fat (47.2% calories from fat); 79g Protein; 712g Carbohydrate; 67g Dietary Fiber; 848mg Cholesterol; 1866mg Sodium. Exchanges: 11 1/2 Grain(Starch); 5 1/2 Lean Meat; 19 Fruit; 58 Fat; 13 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	5903	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	47.5%	Thiamin B1 (mg):	4.8mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	315g	Folacin (mcg):	515mcg
Saturated Fat (g):	30g	Niacin (mg):	20mg
Monounsaturated Fat (g):	190g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	76g	Alcohol (kcal):	371
Cholesterol (mg):	848mg	% Refused:	0.0%
Carbohydrate (g):	712g	Food Exchanges	
Dietary Fiber (g):	67g	Grain (Starch):	11 1/2
Protein (g):	79g	Lean Meat:	5 1/2
Sodium (mg):	1866mg	Vegetable:	0
Potassium (mg):	4823mg	Fruit:	19
Calcium (mg):	688mg	Non-Fat Milk:	0
Iron (mg):	24mg	Fat:	58
Zinc (mg):	28mg	Other Carbohydrates:	13 1/2
Vitamin C (mg):	23mg		
Vitamin A (i.u.):	1744IU		
Vitamin A (r.e.):	357 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 5903 Calories from Fat: 2788

% Daily Values*

Total Fat	315g	484%
Saturated Fat	30g	151%
Cholesterol	848mg	283%
Sodium	1866mg	78%
Total Carbohydrates	712g	237%
Dietary Fiber	67g	267%
Protein	79g	
Vitamin A		35%
Vitamin C		39%
Calcium		69%
Iron		132%

* Percent Daily Values are based on a 2000 calorie diet.