

Esther Toon's Christmas Fruitcake

*Esther Toon - Posey County, Indiana
Aimee Blume - Scripps Treasure Coast Newspapers*

Servings: 1

Yield: 1 9x13 inch pan

*1 stick unsalted butter
1/2 cup sugar
6 eggs, separated
1/2 can whole cranberries, drained
1 can apricots, drained and chopped
2 tablespoons molasses
1/2 cup raisins
1/2 cup dried cherries
1/2 cup craisins
zest of two oranges
zest of two lemons
1 teaspoon cinnamon
1/2 teaspoon ginger
dash of nutmeg
dash of cloves
1 cup bread flour
1/2 ounce Seagram's 7 Dark Honey
Whiskey
1 tablespoon powdered sugar*

Grease a 9x13-inch cake pan. Preheat the oven to 275 degrees. Place a small ovenproof dish with one cup of water on a low rack in the oven.

With a hand mixer or in a standing mixer, cream the butter and sugar. Add the egg yolks one by one, mixing each until well-incorporated, apricots and molasses, mixing until well-combined.

In a large bowl, mix the raisins, golden raisins, dried cherries, craisins, orange zest, lemon zest, cinnamon, ginger, nutmeg, cloves and flour.

Stir the dry ingredients into the wet ingredients just until mixed.

In a separate bowl, whip the egg whites until fluffy but not dry. Fold into the cake mixture. Pour into the greased 13x9-inch pan. Cover tightly with aluminum foil. Bake the cake on the center rack of the oven for one hour.

After the cake has cooled, cut to fit plastic-wrap lined tins and place in the tin. Drizzle with the whiskey and dust with powdered sugar. Cover well, put on the lids and store for one week. Then drizzle and dust again. Each week this must be done until the cake is served. I've never experimented with more than three weeks.

Per Serving (excluding unknown items): 2957 Calories; 126g Fat (37.5% calories from fat); 60g Protein; 411g Carbohydrate; 12g Dietary Fiber; 1520mg Cholesterol; 471mg Sodium. Exchanges: 7 Grain(Starch); 5 Lean Meat; 11 1/2 Fruit; 21 Fat; 9 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	2957	Vitamin B6 (mg):	.9mg
% Calories from Fat:	37.5%	Vitamin B12 (mcg):	4.0mcg
% Calories from Carbohydrates:	54.5%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	8.0%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	126g	Folacin (mcg):	193mcg
Saturated Fat (g):	67g	Niacin (mg):	2mg
Monounsaturated Fat (g):	38g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	1520mg	% Refuse:	0%
Carbohydrate (g):	411g		
Dietary Fiber (g):	12g		
Protein (g):	60g		
Sodium (mg):	471mg		
Potassium (mg):	1842mg		
Calcium (mg):	555mg		
Iron (mg):	11mg		
Zinc (mg):	5mg		
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	5859IU		
Vitamin A (r.e.):	1368RE		

Food Exchanges

Grain (Starch):	7
Lean Meat:	5
Vegetable:	0
Fruit:	11 1/2
Non-Fat Milk:	0
Fat:	21
Other Carbohydrates:	9

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 2957 **Calories from Fat:** 1109

% Daily Values*

Total Fat 126g	193%
Saturated Fat 67g	335%
Cholesterol 1520mg	507%
Sodium 471mg	20%
Total Carbohydrates 411g	137%
Dietary Fiber 12g	50%
Protein 60g	
Vitamin A	117%
Vitamin C	11%
Calcium	55%
Iron	62%

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