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“Fruit Cocktail Cake”

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 Dairy Council of Utah/Nevada



Ingredients:

- 1 quart canned or bottled fruit, with juice (4 cups)
- 1 1/2 cups sugar
- 1 cup butter, melted
- 4 cups flour (lightly spooned into measure cup)
- 4 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1 tablespoon cinnamon
- 1 cup raisins or nuts (optional)

Method:

Preheat oven to 350⁰ F. Spray 9x13 cake pan with non-stick spray, set aside.

Chop, partially blend, or mash fruit with a potato masher. Stir in sugar and melted butter.

Stir together flour, baking soda, salt, cloves, nutmeg, and cinnamon. Add to fruit mixture and mix. Spread cake batter in prepared pan. Bake 45 minutes or until cooked through.

Nice served with scoop vanilla ice cream, and nutmeg sauce (below). Ice cream and sauce not included in nutrition analysis.

NOTES:

Also called “Old Fruit Cake” or “Bottled Fruit Cake.” This is a rich old fashioned cake recipe that uses up older bottled/canned fruit. Serves 20

Nutmeg Sauce:

Combine 1 cup sugar, 2 tablespoons cornstarch, 1/4 teaspoon salt, and 1/2 teaspoon nutmeg. Stir into 1 1/2 cups boiling water. Bring to a boil; boil 1 minute. Remove from heat and stir in 1 tablespoon butter and 1/2 teaspoon imitation rum flavoring (optional).

Nutrition Facts	
Serving Size 1 piece (101g)	
Servings Per Container 20	
Amount Per Serving	
Calories 260	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	29%
Cholesterol 25mg	8%
Sodium 670mg	28%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	6%
Sugars 22g	
Protein 3g	
Vitamin A 8%	Vitamin C 2%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	