

Traditional Irish Christmas Cake Ingredients

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/irish-christmas-spiced-beef-recipe>

Ingredients:

- 5 ounces raisins
- 4 stoned dates ½oz, 125g
- 4 sultanas ½oz, 125g
- 4 ounces glace cherries quartered
- 4 fluid ounces Irish whiskey
- 8 ounces butter real
- butter extra, for greasing
- 7 ounces caster sugar
- 4 eggs
- 1 lemon
- 1 Orange
- 2 tablespoons black treacle or molasses
- 8 ounces flour plain, all-purpose
- 1/2 teaspoon salt
- 1 baking powder rounded tsp
- 1 teaspoon mixed spice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon ground clove
- 2 ounces ground almonds
- 2 fluid ounces whiskey extra

Nutrition:

1. Calories: 1400 calories
2. Carbohydrate: 166 grams
3. Cholesterol: 350 milligrams
4. Fat: 65 grams

5. Fiber: 9 grams
 6. Protein: 18 grams
 7. SaturatedFat: 35 grams
 8. Sodium: 800 milligrams
 9. Sugar: 97 grams
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