



Blueberry-Poppy Seed Loaves

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



1108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 tablespoons poppy seeds
- ☐ 1 pinch salt
- ☐ 2.5 cups sugar

- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.3 cups vegetable oil plus more for brushing
- ☐ 1.5 cups milk whole

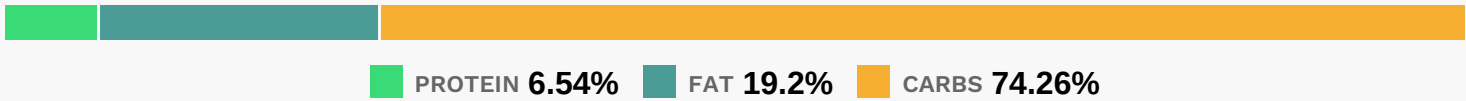
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Brush 4 mini loaf pans (about 5 by 3 inches each) with vegetable oil.
- ☐ Whisk the flour, baking powder, sugar and salt in a large bowl. Beat the milk, 1 1/3 cups vegetable oil, the eggs, poppy seeds, and almond and vanilla extracts in a stand mixer fitted with the paddle attachment on medium speed until combined. Gradually beat in the flour mixture until well combined. Fold the blueberries into the batter with a rubber spatula.
- ☐ Divide the batter among the prepared pans and bake until golden on top and a toothpick inserted into the center comes out clean, 1 hour to 1 hour, 10 minutes.
- ☐ Transfer the pans to a rack and let cool about 10 minutes, then remove the cakes to the rack to cool completely.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:80.02, Glycemic Load:142.83, Inflammation Score:-7, Nutrition Score:24.466087030328%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1107.74kcal (55.39%), Fat: 23.87g (36.73%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 207.69g (69.23%), Net Carbohydrates: 203.61g (74.04%), Sugar: 133.71g (148.57%), Cholesterol: 150.48mg (50.16%), Sodium: 261.35mg (11.36%), Alcohol: 1.03g (100%), Alcohol %: 0.28% (100%), Protein: 18.29g (36.59%), Selenium: 46.28µg (66.11%), Vitamin B1: 0.85mg (56.33%), Manganese: 1.02mg (50.82%), Folate: 194.18µg (48.54%), Vitamin B2: 0.81mg (47.41%), Phosphorus: 334.76mg (33.48%), Vitamin K: 34.54µg (32.89%), Iron: 5.67mg (31.52%), Vitamin B3: 5.86mg (29.28%), Calcium: 288.09mg (28.81%), Fiber: 4.08g (16.32%), Vitamin B5: 1.38mg (13.85%), Vitamin B12: 0.83µg (13.8%), Vitamin E: 1.96mg (13.03%), Magnesium: 50.8mg (12.7%), Copper: 0.25mg (12.5%), Zinc: 1.86mg (12.38%), Vitamin D: 1.76µg (11.71%), Potassium: 349.31mg (9.98%), Vitamin B6: 0.19mg (9.46%), Vitamin A: 370.71IU (7.41%), Vitamin C: 3.62mg (4.39%)