



Country Poppy Seed Cake

READY IN



75 min.

SERVINGS



16

CALORIES



214 kcal

DESSERT

Ingredients

- 0.3 cup poppy seeds
- 5.1 ounces vanilla pudding instant
- 1 package cake mix white (regular size)
- 0.5 cup vegetable oil
- 4 large eggs
- 1 cup water
- 1 teaspoon almond extract
- 2 tablespoons sugar
- 0.5 teaspoon ground cinnamon

- 0.5 cup powdered sugar
- 0.3 teaspoon vanilla extract
- 1 teaspoons milk whole

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- In a large bowl, combine the poppy seeds, pudding and cake mix.
- Add the oil, eggs, water and almond extract. Beat on low speed until dry ingredients are moistened. Increase speed to medium and beat for 2 minutes.
- Combine sugar and cinnamon; sprinkle into a greased fluted 10-in. tube pan.
- Pour batter into pan and bake at 325° for 1 hour or until a toothpick comes out clean. Allow cake to cool 10 minutes before removing to a wire rack.
- Combine glaze ingredients and drizzle over cooled cake.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:4.5630434915099%

Nutrients (% of daily need)

Calories: 214.18kcal (10.71%), Fat: 4.44g (6.84%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 39.85g (14.49%), Sugar: 26.08g (28.98%), Cholesterol: 46.54mg (15.51%), Sodium: 300.45mg (13.06%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 3.23g (6.45%), Phosphorus: 147.79mg (14.78%), Calcium: 102.23mg (10.22%), Selenium: 6.95µg (9.93%), Manganese: 0.19mg (9.36%), Vitamin B2: 0.13mg (7.75%), Folate: 29.78µg (7.44%), Vitamin B1: 0.09mg (5.91%), Iron: 1.02mg (5.65%), Vitamin B3: 0.8mg (3.98%), Vitamin E:

0.55mg (3.69%), Copper: 0.07mg (3.28%), Vitamin K: 3.44µg (3.27%), Fiber: 0.75g (2.99%), Zinc: 0.44mg (2.93%),
Vitamin B5: 0.29mg (2.93%), Magnesium: 10.74mg (2.68%), Vitamin B12: 0.11µg (1.88%), Vitamin B6: 0.03mg (1.73%),
Vitamin D: 0.25µg (1.69%), Potassium: 51.63mg (1.48%), Vitamin A: 68.19IU (1.36%)