



Delicious Moist Poppy Seed Cake

READY IN



45 min.

SERVINGS



6

CALORIES



722 kcal

DESSERT

Ingredients

- 2.3 cups cake flour
- 5 eggs
- 0.8 cup juice of lemon
- 1.5 tablespoons lemon zest
- 4.5 tablespoons poppy seeds
- 1 teaspoon salt
- 1.3 cups butter unsalted softened
- 0.8 cup sugar white

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- loaf pan
- toothpicks
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan.
- Stir together the flour, salt, lemon zest and poppy seeds using a wire whisk. In a medium bowl, cream together the butter and 1 cup plus 2 tablespoons sugar. Beat in the eggs one at a time. Then stir in the dry ingredients.
- Pour into the prepared loaf pan.
- Bake for 60 to 75 minutes in the preheated oven, until a toothpick inserted into the center comes out clean.
- To make the syrup, combine 3/4 cup sugar with the lemon juice in a small saucepan, bring to a boil, then remove from heat and set aside to cool. When the cake is done, place the pan on a wire rack with a cookie sheet underneath. Prick the top of the cake several times with a toothpick or fork.
- Brush the top of the cake with the syrup, allowing lots of it to run down the sides and soak into the cake.
- Allow cake to cool slightly before removing from the pan to the wire rack to cool completely. When completely cooled, wrap the cake in foil or heavy plastic wrap and let it sit for 1 day before serving.

Nutrition Facts

PROTEIN 6.53% FAT 58.95% CARBS 34.52%

Properties

Glycemic Index:23.68, Glycemic Load:39.51, Inflammation Score:-7, Nutrition Score:13.424347607986%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 722.44kcal (36.12%), Fat: 48.14g (74.07%), Saturated Fat: 27.49g (171.83%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 60.74g (22.09%), Sugar: 26.29g (29.22%), Cholesterol: 244.86mg (81.62%), Sodium: 448.53mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Selenium: 31.47µg (44.96%), Manganese: 0.84mg (42.1%), Vitamin A: 1462.12IU (29.24%), Phosphorus: 191.52mg (19.15%), Vitamin C: 13.81mg (16.73%), Calcium: 141.07mg (14.11%), Vitamin B2: 0.23mg (13.54%), Vitamin E: 1.91mg (12.75%), Copper: 0.24mg (11.9%), Folate: 46.05µg (11.51%), Fiber: 2.69g (10.77%), Magnesium: 42.62mg (10.65%), Vitamin D: 1.49µg (9.93%), Iron: 1.78mg (9.91%), Zinc: 1.47mg (9.82%), Vitamin B5: 0.89mg (8.9%), Vitamin B1: 0.12mg (8.04%), Vitamin B12: 0.41µg (6.87%), Vitamin B6: 0.11mg (5.72%), Potassium: 192.51mg (5.5%), Vitamin K: 3.78µg (3.6%), Vitamin B3: 0.61mg (3.06%)