



Five Minute Lemon-Poppy Seed Cake

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



403 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 3 tablespoons buttermilk
- 1 eggs
- 0.3 cup flour all-purpose
- 1 teaspoon lemon extract
- 1 tablespoon poppy seeds
- 3 tablespoons vegetable oil
- 0.3 cup granulated sugar white

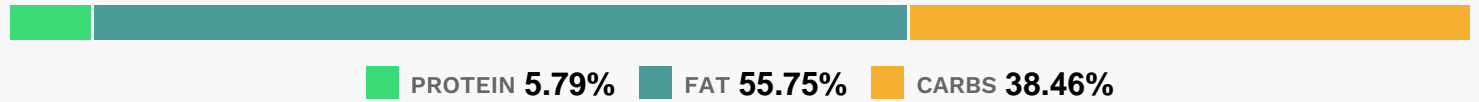
Equipment

- bowl
- whisk
- toothpicks
- microwave

Directions

- Whisk flour, sugar, buttermilk, vegetable oil, baking soda, poppy seeds, and lemon extract together in a bowl until smooth. Beat in the egg.
- Pour batter into a large microwave-safe glass or ceramic mug or cereal bowl.
- Heat in the microwave on high until a toothpick inserted into the center comes out clean, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:90.55, Glycemic Load:26.44, Inflammation Score:-3, Nutrition Score:9.0921738583433%

Nutrients (% of daily need)

Calories: 402.5kcal (20.12%), Fat: 25.34g (38.99%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 38.05g (13.84%), Sugar: 26.31g (29.23%), Cholesterol: 84.32mg (28.1%), Sodium: 330.2mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin K: 37.7µg (35.9%), Manganese: 0.42mg (20.82%), Selenium: 13.64µg (19.49%), Vitamin E: 2mg (13.36%), Vitamin B2: 0.23mg (13.28%), Vitamin B1: 0.18mg (12.03%), Phosphorus: 118.71mg (11.87%), Folate: 43.75µg (10.94%), Calcium: 105.5mg (10.55%), Iron: 1.57mg (8.74%), Magnesium: 23.94mg (5.99%), Copper: 0.12mg (5.95%), Zinc: 0.84mg (5.58%), Fiber: 1.3g (5.2%), Vitamin B5: 0.51mg (5.06%), Vitamin B3: 1mg (5%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.73µg (4.88%), Vitamin B6: 0.06mg (3.17%), Potassium: 110.31mg (3.15%), Vitamin A: 155.93IU (3.12%)