



## German Poppy Seed Cake

READY IN



45 min.

SERVINGS



16

CALORIES



323 kcal

DESSERT

### Ingredients

- 2 teaspoons almond extract
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 lb butter at room temperature
- 1 cup buttermilk
- 4 large eggs separated
- 2.5 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 2.5 oz poppy seed

- 0.5 teaspoon salt
- 2 cups sugar

## Equipment

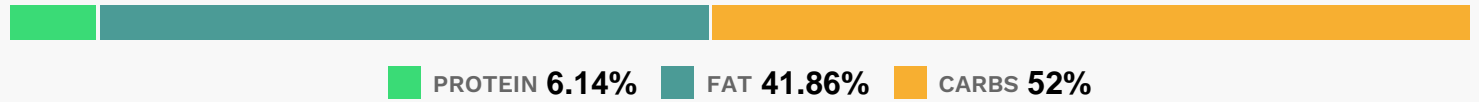
- bowl
- frying pan
- oven
- knife
- blender

## Directions

- Butter and flour—dust a 10-inch decorative tube pan.
- In a small bowl, mix poppy seed, buttermilk, and almond extract.
- In a deep bowl, beat egg whites with a mixer on high until foamy. Continue beating and gradually add 1/4 cup sugar. Beat until whites hold stiff, shiny peaks.
- In another bowl, using unwashed beaters, beat 1 cup butter and 1 1/2 cups sugar on high speed until light and fluffy.
- Add egg yolks and beat until well blended. Stir in poppy seed mixture.
- Mix 2 1/2 cups flour, baking powder, baking soda, and salt.
- Add dry ingredients to batter; beat slowly to blend.
- Mix at medium speed.
- Fold in beaten whites until blended.
- Mix 1/4 cup sugar and cinnamon.
- Pour half the batter into pan.
- Sprinkle with half the cinnamon mixture.
- Add remaining batter and sprinkle with remaining cinnamon mixture. Holding a knife vertically, draw blade through batter around tube.
- Bake in 350 oven just until cake springs back when lightly pressed in center, 1 to 1 1/4 hours.
- Cool in pan 15 minutes. Invert cake onto a plate.

Serve warm or cool.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:28.55, Inflammation Score:-5, Nutrition Score:7.4900000671978%

## Nutrients (% of daily need)

Calories: 322.5kcal (16.12%), Fat: 15.21g (23.41%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.88g (14.86%), Sugar: 25.99g (28.88%), Cholesterol: 48.15mg (16.05%), Sodium: 336.63mg (14.64%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 5.02g (10.04%), Manganese: 0.52mg (26.2%), Selenium: 11.78µg (16.83%), Vitamin B1: 0.2mg (13.65%), Vitamin A: 600.76IU (12.02%), Folate: 46.17µg (11.54%), Calcium: 115.18mg (11.52%), Vitamin B2: 0.19mg (11.44%), Phosphorus: 106.22mg (10.62%), Iron: 1.64mg (9.14%), Fiber: 1.66g (6.63%), Vitamin B3: 1.23mg (6.14%), Magnesium: 23.52mg (5.88%), Copper: 0.12mg (5.84%), Zinc: 0.72mg (4.78%), Vitamin E: 0.68mg (4.55%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.44µg (2.97%), Potassium: 99.66mg (2.85%), Vitamin B6: 0.05mg (2.42%)