



Glazed Lemon-Blueberry Poppy Seed Bundt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



314 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups blueberries fresh
- 0.8 cup butter softened
- 1.5 tablespoons breadcrumbs dry
- 4 large eggs
- 3 cups flour all-purpose

- 1.8 cups granulated sugar
- 1 teaspoon lemon extract
- 0.3 cup juice of lemon fresh (3 lemons)
- 1 tablespoon juice of lemon fresh
- 0.8 cup nonfat buttermilk
- 1 tablespoon nonfat buttermilk
- 1 tablespoon poppy seeds
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup
- kugelhkopf pan

Directions

- Preheat the oven to 35
- To prepare cake, coat a 12-cup Bundt pan with cooking spray; dust with breadcrumbs.
- Combine granulated sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy (about 5 minutes).
- Add eggs, one at a time, beating well after each addition. Weigh or lightly spoon flour into dry measuring cups; level with a knife.

- Combine flour and next 4 ingredients (through salt); stir with a whisk.
- Add blueberries to flour mixture; toss to coat.
- Combine 3/4 cup buttermilk, 1/3 cup juice, and extracts.
- Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture.
- Pour batter into prepared pan.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool pan on a wire rack 10 minutes.
- Remove cake from pan; cool on rack.
- To prepare glaze, place powdered sugar in a small bowl; add 1 tablespoon buttermilk and 1 tablespoon juice, stirring with a whisk until combined.
- Pour glaze over warm cake; cool completely.

Nutrition Facts



■ **PROTEIN 6.12%**
■ **FAT 29.49%**
■ **CARBS 64.39%**

Properties

Glycemic Index:20.76, Glycemic Load:29.08, Inflammation Score:-4, Nutrition Score:6.2230434262234%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 314.45kcal (15.72%), Fat: 10.46g (16.1%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 50.27g (18.28%), Sugar: 31.52g (35.03%), Cholesterol: 69.62mg (23.21%), Sodium: 291.66mg (12.68%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.89g (9.77%), Selenium: 12.4µg (17.71%), Vitamin B1: 0.21mg (14%), Folate: 52.59µg (13.15%), Manganese: 0.26mg (12.95%), Vitamin B2: 0.19mg (11.37%), Iron: 1.55mg (8.62%), Phosphorus: 77.65mg (7.77%), Vitamin B3: 1.53mg (7.65%), Calcium: 70.07mg (7.01%), Vitamin A: 341.26IU (6.83%), Vitamin C: 3.83mg (4.64%), Fiber: 1.14g (4.55%), Vitamin K: 3.59µg (3.42%), Vitamin B5: 0.34mg (3.38%), Copper: 0.07mg (3.28%), Vitamin E: 0.49mg (3.27%), Zinc: 0.42mg (2.81%), Magnesium: 10.65mg (2.66%), Vitamin B6: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.21%), Potassium: 68.77mg (1.96%), Vitamin D: 0.25µg (1.67%)