



Lemon Poppy Seed Amish Friendship Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



218 kcal

BREAD

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup amish friendship bread starter
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 ounce lemon pudding mix instant

- ☐ 0.5 cup milk
- ☐ 0.1 cup poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

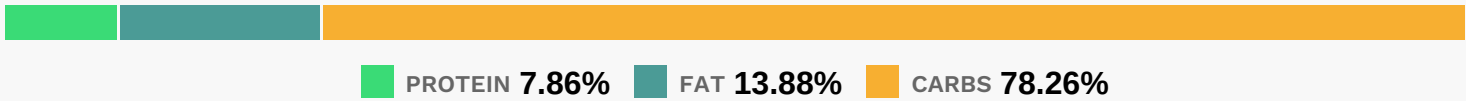
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ In a large mixing bowl blend together the flour, sugar, baking powder, baking soda, salt, cinnamon, poppy seeds, and lemon pudding mix. Make a well in the center of the bowl.
- ☐ In a separate bowl, mix together the Amish starter, eggs, milk, applesauce, vanilla, and vegetable oil.
- ☐ Add to dry ingredients and blend until just combined.
- ☐ Pour batter into 2 greased loaf pans.
- ☐ Bake in a preheated 325 degree F(165 degrees C) oven for one hour. Cool for 10 minutes on a wire rack.
- ☐ Remove bread from pan.

Nutrition Facts



Properties

Glycemic Index:21.48, Glycemic Load:21.36, Inflammation Score:-2, Nutrition Score:5.666956420178%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 217.69kcal (10.88%), Fat: 3.38g (5.2%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 41.56g (15.11%), Sugar: 14.56g (16.17%), Cholesterol: 21.38mg (7.13%), Sodium: 281.91mg (12.26%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 4.31g (8.61%), Manganese: 0.35mg (17.72%), Selenium: 11.71µg (16.73%), Vitamin B1: 0.2mg (13.28%), Folate: 44.62µg (11.16%), Vitamin B2: 0.16mg (9.33%), Vitamin B3: 1.78mg (8.9%), Iron: 1.52mg (8.44%), Phosphorus: 70.32mg (7.03%), Calcium: 68.24mg (6.82%), Fiber: 1.29g (5.18%), Magnesium: 14.64mg (3.66%), Copper: 0.07mg (3.36%), Vitamin K: 3.37µg (3.21%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.43mg (2.9%), Vitamin B6: 0.04mg (2.1%), Potassium: 69.74mg (1.99%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.19µg (1.29%)