



Lemon Poppy Seed Bread

 Vegetarian

READY IN



80 min.

SERVINGS



3

CALORIES



968 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 1.5 cups milk
- ☐ 0.3 cup orange juice
- ☐ 1.5 tablespoons poppy seeds
- ☐ 1.5 teaspoons salt

- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.1 cups vegetable oil
- ☐ 0.8 cup sugar white

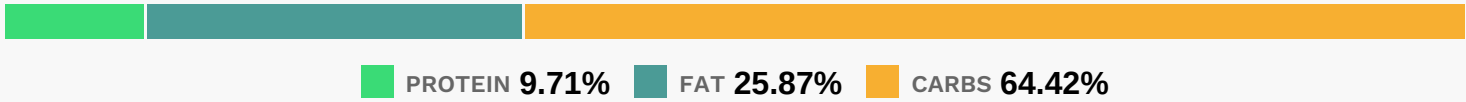
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease three 8x4 inch bread pans.
- ☐ In a large mixing bowl, stir together the flour, salt, baking powder, poppy seeds and 2 1/2 cups white sugar.
- ☐ Add the eggs, milk, oil, vanilla and lemon extract; mix until smooth, about 1 minute.
- ☐ Pour batter evenly into the prepared pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 55 minutes, or until a toothpick inserted into the center of the loaves comes out clean. Cool loaves in the pans for 10 minutes before removing to a wire rack.
- ☐ Combine orange juice with remaining 3/4 cup sugar and desired flavor of extract; stir well.
- ☐ Pour this mixture over the loaf while it is still hot. Allow loaf to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:110.7, Glycemic Load:107.7, Inflammation Score:-8, Nutrition Score:30.70217402085%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin:

0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:
0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 967.9kcal (48.39%), Fat: 27.74g (42.67%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 155.42g
(51.81%), Net Carbohydrates: 151.13g (54.95%), Sugar: 58.39g (64.88%), Cholesterol: 178.32mg (59.44%), Sodium:
1488.14mg (64.7%), Alcohol: 0.69g (100%), Alcohol %: 0.19% (100%), Protein: 23.41g (46.83%), Selenium: 59.14µg
(84.48%), Vitamin B1: 1.12mg (74.96%), Folate: 259.32µg (64.83%), Vitamin B2: 1.01mg (59.36%), Manganese: 1.18mg
(59.21%), Phosphorus: 431.94mg (43.19%), Iron: 7.31mg (40.62%), Vitamin B3: 7.67mg (38.36%), Calcium: 379.39mg
(37.94%), Vitamin K: 30.96µg (29.49%), Vitamin B12: 1.05µg (17.51%), Vitamin B5: 1.73mg (17.32%), Fiber: 4.3g
(17.19%), Magnesium: 66.12mg (16.53%), Zinc: 2.32mg (15.46%), Copper: 0.3mg (15.06%), Vitamin D: 2.22µg (14.81%),
Vitamin E: 2.02mg (13.49%), Potassium: 455.76mg (13.02%), Vitamin C: 10.38mg (12.58%), Vitamin B6: 0.22mg
(11.21%), Vitamin A: 476.57IU (9.53%)