



Lemon-Poppy Seed Brunch Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



16

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 31.6 oz poppy seeds betty crocker®
- ☐ 1 cup powdered sugar
- ☐ 0.5 cup vegetable oil
- ☐ 2 cups water

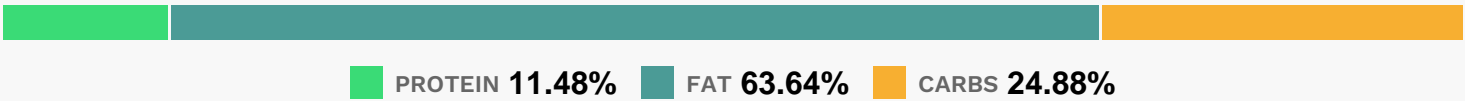
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 12-cup fluted tube cake pan; lightly flour. In large bowl, stir water, oil and eggs with fork. Stir in muffin mixes until moistened.
- ☐ Pour into pan; spread evenly.
- ☐ Bake 50 to 55 minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool in pan 15 minutes. Turn upside down onto heatproof serving plate or cooling rack.
- ☐ Remove pan; cool cake completely.
- ☐ In small bowl, mix powdered sugar, butter and lemon peel. Stir in lemon juice until glaze is smooth and can be drizzled easily. Spoon glaze over top of cake, letting some drizzle down side.

Nutrition Facts



Properties

Glycemic Index:0.31, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:23.144347875015%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 355.85kcal (17.79%), Fat: 26.57g (40.87%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 12.44g (4.52%), Sugar: 9.06g (10.06%), Cholesterol: 20.46mg (6.82%), Sodium: 40.51mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.57%), Manganese: 3.76mg (187.86%), Calcium: 809.85mg (80.98%), Phosphorus: 498.49mg (49.85%), Magnesium: 195.36mg (48.84%), Copper: 0.92mg (46.02%), Fiber: 10.93g (43.71%), Vitamin B1: 0.48mg (32.05%), Iron: 5.57mg (30.93%), Zinc: 4.5mg (29.99%), Selenium: 9.29µg (13.28%), Folate: 48.71µg (12.18%), Potassium: 412.11mg (11.77%), Vitamin E: 1.22mg (8.11%), Vitamin B6: 0.15mg (7.42%), Vitamin B2: 0.08mg (4.91%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.51mg (2.54%), Vitamin K: 2.52µg (2.4%), Vitamin A: 92.39IU (1.85%), Vitamin C: 1.01mg (1.22%)