



## Lemon-Poppy Seed Bundt Cake

READY IN



120 min.

SERVINGS



16

CALORIES



260 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2.5 cups cake flour
- 0.3 cup canola oil
- 2 large eggs
- 1.3 cups granulated sugar
- 2 tablespoons juice of lemon fresh
- 3 teaspoons juice of lemon fresh
- 1 tablespoon lemon rind grated

- 1 cup buttermilk 1% low-fat
- 0.3 cup poppy seeds
- 1 cup powdered sugar
- 0.3 teaspoon salt
- 1 tablespoon butter unsalted
- 6 tablespoons butter unsalted softened
- 1 teaspoon vanilla extract

## Equipment

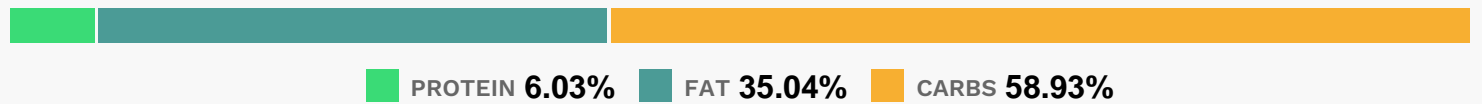
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup
- kugelhopf pan

## Directions

- Preheat oven to 35
- Place granulated sugar, 6 tablespoons butter, and oil in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- Add eggs, 1 at a time, beating well after each addition. Beat in 1 tablespoon lemon rind, 2 tablespoons lemon juice, and vanilla. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (through salt), stirring well with a whisk.
- Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture.
- Spoon batter into 12-cup Bundt pan coated with baking spray.

- Bake at 350 for 38 to 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack; remove from pan. Invert cake onto a plate.
- To prepare glaze, combine 1 tablespoon butter, powdered sugar, and 3 teaspoons lemon juice in a medium bowl; stir until smooth, adding remaining 1 teaspoon lemon juice, if necessary, to reach drizzling consistency.
- Spoon glaze over cake.
- Sprinkle with grated lemon rind, if desired. Cool completely before slicing.

## Nutrition Facts



### Properties

Glycemic Index:14.63, Glycemic Load:20.19, Inflammation Score:-2, Nutrition Score:4.0356521813766%

### Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 259.55kcal (12.98%), Fat: 10.25g (15.78%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 37.99g (13.81%), Sugar: 23.9g (26.55%), Cholesterol: 37.02mg (12.34%), Sodium: 143.21mg (6.23%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.97g (7.95%), Selenium: 10.39µg (14.84%), Manganese: 0.26mg (13.19%), Calcium: 70.76mg (7.08%), Phosphorus: 68.24mg (6.82%), Vitamin E: 0.94mg (6.26%), Vitamin B2: 0.07mg (4.26%), Vitamin A: 194.61IU (3.89%), Copper: 0.07mg (3.54%), Magnesium: 13.18mg (3.3%), Fiber: 0.82g (3.29%), Folate: 12.21µg (3.05%), Zinc: 0.44mg (2.96%), Vitamin K: 3.02µg (2.87%), Iron: 0.51mg (2.81%), Vitamin B1: 0.04mg (2.52%), Vitamin B5: 0.24mg (2.39%), Vitamin C: 1.74mg (2.11%), Potassium: 67.92mg (1.94%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.22µg (1.45%), Vitamin B6: 0.03mg (1.45%), Vitamin B3: 0.23mg (1.15%)