



Lemon-Poppy Seed Bundt Cake

READY IN



120 min.

SERVINGS



16

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2.5 cups cake flour
- ☐ 0.3 cup cooking oil
- ☐ 2 large eggs
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 teaspoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest 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

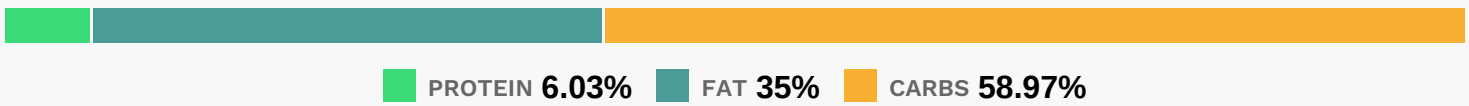
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ kugelhopf pan

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:8.88, Glycemic Load:20.09, Inflammation Score:0, Nutrition Score:4.1365217644235%

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: 259.71kcal (12.99%), Fat: 10.26g (15.78%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 38.05g (13.84%), Sugar: 23.9g (26.55%), Cholesterol: 37.02mg (12.34%), Sodium: 103.8mg (4.51%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.97g (7.95%), Selenium: 10.39µg (14.84%), Manganese: 0.27mg (13.26%), Phosphorus: 85.78mg (8.58%), Calcium: 64.97mg (6.5%), Vitamin E: 0.94mg (6.26%), Vitamin B2: 0.07mg (4.26%), Vitamin A: 194.61IU (3.89%), Copper: 0.07mg (3.54%), Fiber: 0.83g (3.32%), Magnesium: 13.19mg (3.3%), Folate: 12.21µg (3.05%), Potassium: 105.72mg (3.02%), Zinc: 0.45mg (2.98%), Vitamin K: 3.02µg (2.87%), Iron: 0.5mg (2.75%), Vitamin B1: 0.04mg (2.52%), Vitamin B5: 0.24mg (2.39%), Vitamin C: 1.74mg (2.11%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.22µg (1.45%), Vitamin B6: 0.03mg (1.45%), Vitamin B3: 0.23mg (1.15%)