



Lemon-Poppy Seed Cake

 Dairy Free

READY IN



125 min.

SERVINGS



16

CALORIES



267 kcal

DESSERT

Ingredients

- 1 box lemon cake mix
- 1 cup water
- 0.5 cup vegetable oil
- 3 eggs
- 2 tablespoons poppy seeds
- 16 oz fluffy frosting

Equipment

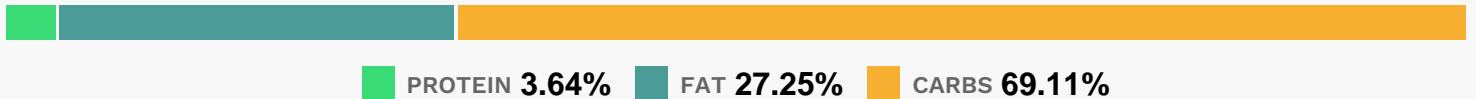
- bowl

- frying pan
- oven
- cake form
- microwave

Directions

- Heat oven to 325°F. Grease and flour 12-cup fluted tube cake pan, or spray with baking spray with flour.
- Make cake batter as directed on box--except stir poppy seed into batter.
- Pour into pan.
- Bake as directed on box for fluted tube pan. Cool in pan 15 minutes; turn upside down onto heatproof serving plate.
- Remove pan; cool cake completely, about 1 hour.
- In microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds.
- Spread over top of cake, allowing some to drizzle down side. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:4.3869565573885%

Nutrients (% of daily need)

Calories: 267.16kcal (13.36%), Fat: 8.11g (12.47%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 45.65g (16.6%), Sugar: 31.94g (35.49%), Cholesterol: 30.69mg (10.23%), Sodium: 300.14mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Phosphorus: 131.39mg (13.14%), Vitamin B2: 0.2mg (11.71%), Calcium: 90.27mg (9.03%), Folate: 29.04µg (7.26%), Manganese: 0.14mg (6.97%), Vitamin K: 7.15µg (6.81%), Vitamin E: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.03%), Iron: 0.97mg (5.4%), Selenium: 3.68µg (5.26%), Vitamin B3: 0.83mg (4.13%), Vitamin B5: 0.26mg (2.63%), Copper: 0.05mg (2.49%), Fiber: 0.61g (2.43%), Magnesium: 8.56mg (2.14%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.3mg (2.03%), Vitamin B12: 0.11µg (1.76%), Potassium: 44.3mg (1.27%), Vitamin D: 0.17µg (1.1%)