



Lemon-Poppy Seed Cake

 Dairy Free

READY IN



125 min.

SERVINGS



16

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 0.5 cup optional: lemon
- ☐ 1 box lemon cake mix
- ☐ 2 tablespoons poppy seeds
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ microwave

Directions

- ☐ Heat oven to 325F. 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:1.91, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.0869565087816%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 150.58kcal (7.53%), Fat: 3.53g (5.44%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 26.83g (9.76%), Sugar: 14.22g (15.8%), Cholesterol: 30.69mg (10.23%), Sodium: 248.11mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Phosphorus: 127.35mg (12.74%), Calcium: 91.14mg (9.11%), Manganese: 0.14mg (7.07%), Folate: 27.5µg (6.88%), Vitamin B2: 0.11mg (6.75%), Vitamin B1: 0.09mg

(6.01%), Iron: 0.97mg (5.37%), Selenium: 3.68µg (5.26%), Vitamin C: 3.52mg (4.27%), Vitamin B3: 0.77mg (3.85%), Vitamin E: 0.53mg (3.5%), Vitamin K: 3.47µg (3.3%), Fiber: 0.79g (3.17%), Copper: 0.05mg (2.62%), Vitamin B5: 0.26mg (2.6%), Vitamin B6: 0.05mg (2.35%), Magnesium: 8.8mg (2.2%), Zinc: 0.29mg (1.92%), Vitamin B12: 0.11µg (1.76%), Potassium: 43.8mg (1.25%), Vitamin D: 0.17µg (1.1%)