



Lemon-Poppy Seed Cake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 0.3 cup juice of lemon
- ☐ 15.8 oz lemon-poppy seed bread mix
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 0.5 cup sugar
- ☐ 1.3 cup water divided

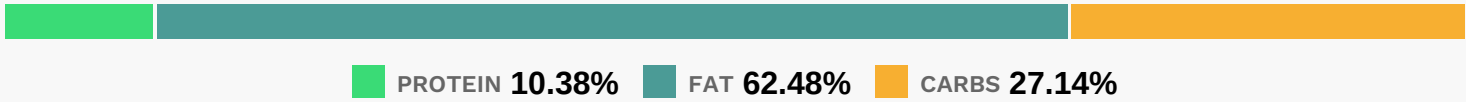
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ slow cooker

Directions

- ☐ Combine bread mix, egg, sour cream and 1/2 cup water in a mixing bowl. Stir until well moistened; spread in a lightly greased slow cooker.
- ☐ Combine remaining water and other ingredients in a small saucepan; bring to a boil.
- ☐ Pour boiling mixture over batter in slow cooker. Cover and cook on high setting for 2 to 2 1/2 hours, until edges are golden.
- ☐ Turn off slow cooker; let cake cool in slow cooker for about 30 minutes with lid ajar. When cool enough to handle, hold a large plate over top of slow cooker and invert to turn out cake.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:7.17, Inflammation Score:-7, Nutrition Score:20.137826214666%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 336.24kcal (16.81%), Fat: 24.62g (37.87%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 15.31g (5.57%), Sugar: 12.26g (13.63%), Cholesterol: 32.76mg (10.92%), Sodium: 35.57mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Manganese: 3.01mg (150.45%), Calcium: 671.17mg (67.12%), Phosphorus: 416.47mg (41.65%), Magnesium: 158.91mg (39.73%), Copper: 0.74mg (37.12%), Fiber: 8.75g (35.01%), Vitamin B1: 0.39mg (26.02%), Iron: 4.47mg (24.86%), Zinc: 3.68mg (24.52%), Selenium: 8.32µg (11.88%), Potassium: 363.3mg (10.38%), Folate: 41.42µg (10.36%), Vitamin B6: 0.13mg (6.51%), Vitamin E: 0.97mg (6.45%), Vitamin B2: 0.11mg (6.25%), Vitamin A: 200.41IU (4.01%), Vitamin C: 3.01mg (3.65%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.43mg (2.16%), Vitamin B12: 0.09µg (1.49%)