



Lemon Poppy-Seed Cake

READY IN



45 min.

SERVINGS



12

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 12 servings glaze
- ☐ 2 cups confectioners' sugar
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 juice of lemon
- ☐ 1 lemon zest
- ☐ 2 lemon zest

- ☐ 1 cup yogurt plain
- ☐ 0.3 cup poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ skewers
- ☐ kugelhkopf pan

Directions

- ☐ Heat oven to 325 F. Coat a 10-cup fluted cake or Bundt pan with cooking spray.
- ☐ Combine the flour, poppy seeds, baking soda, and salt in a medium bowl; set aside. In a large mixing bowl, using an electric mixer, beat the butter and sugar until light and fluffy. Beat in the eggs, one at a time, until well incorporated. Beat in the lemon juice. On slow, beat in 1/3 of the dry ingredients, then 1/3 of the yogurt, mixing until just blended. Repeat, alternating the dry ingredients and yogurt. Blend in the zest. Spoon into the baking pan.
- ☐ Bake 50 to 65 minutes or until a skewer inserted in the cake comes out clean.
- ☐ Remove the pan to a wire rack and cool 10 minutes. Invert the pan to remove the cake. Make the glaze: Melt the butter in a small saucepan over low heat. Blend in the confectioners' sugar, lemon juice, and zest. Spoon the glaze over the cake while the cake is still warm. Cool completely. Cover and refrigerate up to 2 days ahead.

Nutrition Facts



 **PROTEIN 4.84%**  **FAT 35.15%**  **CARBS 60.01%**

Properties

Glycemic Index:14.09, Glycemic Load:40.71, Inflammation Score:-5, Nutrition Score:8.4182608594065%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 517.87kcal (25.89%), Fat: 20.58g (31.67%), Saturated Fat: 11.95g (74.67%), Carbohydrates: 79.08g (26.36%), Net Carbohydrates: 77.66g (28.24%), Sugar: 54.12g (60.13%), Cholesterol: 102.9mg (34.3%), Sodium: 222.67mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Selenium: 16.37µg (23.39%), Vitamin B1: 0.28mg (18.5%), Manganese: 0.36mg (18.07%), Folate: 68.55µg (17.14%), Vitamin B2: 0.27mg (15.97%), Vitamin A: 631.35IU (12.63%), Iron: 1.97mg (10.93%), Phosphorus: 105.79mg (10.58%), Vitamin B3: 1.91mg (9.54%), Calcium: 75.42mg (7.54%), Fiber: 1.42g (5.67%), Copper: 0.1mg (5.01%), Vitamin E: 0.72mg (4.82%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.48mg (4.79%), Magnesium: 19.12mg (4.78%), Vitamin D: 0.63µg (4.22%), Vitamin B12: 0.24µg (4.04%), Vitamin C: 3.03mg (3.67%), Potassium: 111.46mg (3.18%), Vitamin B6: 0.05mg (2.74%), Vitamin K: 1.67µg (1.59%)