



Lemon-Poppy Seed Cake Batter

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 6 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 3 tablespoons lemon rind grated
- ☐ 2 tablespoons poppy seeds
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 2.5 cups sugar

- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour and baking soda.
- ☐ Add to butter mixture alternately with sour cream, beating at low speed just until blended, beginning and ending with flour mixture. Stir in vanilla; stir in lemon rind and poppy seeds. Use batter immediately, following baking directions for desired cake in "Pick a Pan" below.
- ☐ Pick a Pan: Lemon-Poppy Seed Cake Batter can be baked in lots of different shapes and sizes--just use these times as a guideline, and be sure to grease and flour your pans. With smaller muffin pans and molds, we found it easier to use a vegetable cooking spray with flour. Check for doneness at the minimum time range, continuing to bake until a wooden pick inserted in the center comes out clean. Variations with added fruit and nuts will require the maximum time and yield more mini cakes.
- ☐ Bake at 325 in 1 (12-cup) tube pan for 1 hour and 15 minutes to 1 hour and 30 minutes.
- ☐ Bake at 325 in 3 (8- x 4-inch) loaf pans for 55 to 65 minutes.
- ☐ Bake at 325 in 7 to 9 (5- x 3-inch) loaf pans for 25 to 35 minutes.
- ☐ Bake at 325 in baby Bundt pans for 25 to 30 minutes. Makes 14 to 16 baby Bundt cakes. (Spoon 1/2 cup batter in each 1-cup mold.)
- ☐ Bake at 350 in muffin pans 23 to 28 minutes. Makes 32 to 38 cupcakes.
- ☐ Bake at 350 in miniature muffin pans for 9 to 11 minutes. Makes about 9 to 10 dozen cupcakes.

Nutrition Facts



 **PROTEIN 5.84%**  **FAT 40.42%**  **CARBS 53.74%**

Properties

Glycemic Index:13.34, Glycemic Load:37.08, Inflammation Score:-4, Nutrition Score:7.0726086834203%

Nutrients (% of daily need)

Calories: 394.78kcal (19.74%), Fat: 17.96g (27.63%), Saturated Fat: 10.03g (62.66%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 52.69g (19.16%), Sugar: 34.09g (37.87%), Cholesterol: 115.86mg (38.62%), Sodium: 149.9mg (6.52%), Alcohol: 0.18g (100%), Alcohol %: 0.21% (100%), Protein: 5.83g (11.67%), Selenium: 15.7µg (22.42%), Vitamin B2: 0.25mg (14.97%), Vitamin B1: 0.22mg (14.6%), Folate: 57.65µg (14.41%), Manganese: 0.26mg (13.04%), Vitamin A: 580.98IU (11.62%), Iron: 1.67mg (9.26%), Phosphorus: 92.34mg (9.23%), Vitamin B3: 1.53mg (7.65%), Calcium: 53.11mg (5.31%), Vitamin B5: 0.49mg (4.91%), Vitamin E: 0.66mg (4.39%), Fiber: 1.04g (4.14%), Zinc: 0.6mg (3.99%), Vitamin B12: 0.24µg (3.92%), Copper: 0.08mg (3.82%), Magnesium: 14.12mg (3.53%), Vitamin B6: 0.06mg (2.84%), Vitamin D: 0.4µg (2.67%), Potassium: 88.89mg (2.54%), Vitamin C: 1.7mg (2.06%), Vitamin K: 1.42µg (1.35%)