



Lemon-Poppy Seed Coffee Cake

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



55 min.

SERVINGS



9

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup almonds sliced
- 1 eggs
- 1 box poppy seeds betty crocker®
- 0.3 cup vegetable oil
- 0.8 cup water

Equipment

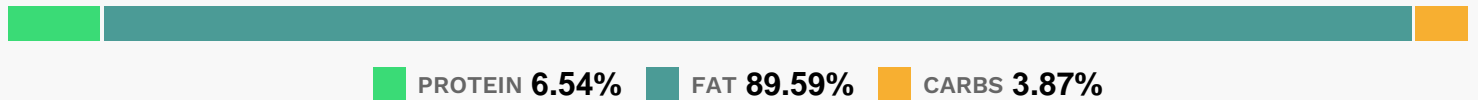
- bowl
- frying pan

- oven
- toothpicks
- microwave
- kitchen scissors

Directions

- Heat oven to 375°F. Grease bottom of 9- or 8-inch square pan with shortening, or spray bottom with cooking spray.
- In medium bowl, stir Muffin
- Mix, water, oil and egg just until blended (batter may be lumpy).
- Spread in pan; sprinkle with almonds.
- Bake 9-inch pan 23 to 28 minutes, 8-inch pan 30 to 35 minutes, or until toothpick inserted in center comes out clean and top is golden brown. Cool 10 minutes. Squeeze Glaze packet about 10 seconds (do not microwave).
- Cut off tip of 1 corner of packet with scissors.
- Drizzle over warm coffee cake.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.1821739103483%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 80.83kcal (4.04%), Fat: 8.27g (12.72%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.17g (0.19%), Cholesterol: 18.19mg (6.06%), Sodium: 7.99mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 11.15µg (10.62%), Vitamin E: 1.42mg (9.47%), Manganese: 0.09mg (4.33%), Vitamin B2: 0.06mg (3.61%), Phosphorus: 27.04mg (2.7%), Magnesium: 10.37mg (2.59%), Selenium: 1.66µg (2.37%), Copper: 0.04mg (2.18%), Fiber: 0.45g (1.79%), Calcium: 14.09mg (1.41%), Iron: 0.22mg (1.24%), Zinc: 0.18mg (1.2%)