

Lemon Poppy Seed Quick Cake

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



294 kcal

DESSERT

Ingredients

- 2 eggs
- 8 ounce optional: lemon
- 0.3 cup juice of lemon
- 2 tablespoons poppy seeds
- 0.3 cup sugar
- 0.3 cup vegetable oil
- 0.3 cup water
- 18.3 ounce cake mix yellow

Equipment

- bowl
- frying pan
- oven
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, stir together cake mix and poppy seeds. Make a well in the center and pour in yogurt, water, oil, sugar, eggs and lemon juice. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed.
- Pour batter into prepared pan.
- Bake in the preheated oven for 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:5.04, Inflammation Score:-3, Nutrition Score:7.2126087053962%

Flavonoids

Eriodictyol: 5.14mg, Eriodictyol: 5.14mg, Eriodictyol: 5.14mg, Eriodictyol: 5.14mg Hesperetin: 7.21mg, Hesperetin: 7.21mg, Hesperetin: 7.21mg, Hesperetin: 7.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 294.19kcal (14.71%), Fat: 8.58g (13.2%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 50.76g (18.46%), Sugar: 29.86g (33.18%), Cholesterol: 32.74mg (10.91%), Sodium: 390.59mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Phosphorus: 197.59mg (19.76%),

Vitamin C: 14.4mg (17.45%), Calcium: 146.54mg (14.65%), Manganese: 0.23mg (11.49%), Folate: 44.51µg (11.13%),
Vitamin K: 11.55µg (11%), Vitamin B1: 0.15mg (9.93%), Vitamin B2: 0.17mg (9.9%), Iron: 1.55mg (8.62%), Vitamin E:
1.09mg (7.26%), Selenium: 4.63µg (6.62%), Fiber: 1.63g (6.5%), Vitamin B3: 1.25mg (6.24%), Copper: 0.08mg (4.2%),
Vitamin B6: 0.08mg (4.01%), Vitamin B5: 0.38mg (3.8%), Magnesium: 14.73mg (3.68%), Zinc: 0.41mg (2.76%),
Potassium: 87.12mg (2.49%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.18µg (1.17%), Vitamin A: 52.88IU (1.06%)