



Lemon Poppy-Seed Tea Bread

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups cake flour sifted
- ☐ 2 large eggs
- ☐ 0.3 cup juice of lemon
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 0.5 cup milk
- ☐ 2 tablespoons poppy seeds
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 8 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Make tea bread: Preheat oven to 350F. Butter and flour a 9- by 5-inch loaf pan.
- ☐ Stir together 1 1/2 cups sifted cake flour, 1 tsp. baking powder and 1/4 tsp. salt.
- ☐ Mix 1/2 tsp. vanilla extract with 1/2 cup milk.
- ☐ Using electric mixer, cream 8 Tbsp. unsalted butter, 3/4 cup sugar and 1 Tbsp. lemon zest on medium-high speed until fluffy.
- ☐ Add 2 large eggs, one at a time, mixing well after each addition.
- ☐ Mix in dry ingredients alternately with milk, beginning and ending with flour mixture. Stir in 1 1/2 Tbsp. lemon juice and 2 Tbsp. poppy seeds.
- ☐ Pour batter into pan and bake in center of oven until a tester inserted in center of loaf comes out clean, 50 minutes.
- ☐ Mix 1/2 cup sugar and 1/4 cup lemon juice in a saucepan over low heat; stir until sugar dissolves.
- ☐ Let loaf cool in pan on a wire rack for 10 minutes before turning loaf out onto rack. Poke holes in loaf and gradually spoon warm syrup over, adding more as syrup is absorbed. Cool completely.

Nutrition Facts



 **PROTEIN 6.16%**  **FAT 36.77%**  **CARBS 57.07%**

Properties

Glycemic Index:42.77, Glycemic Load:33.24, Inflammation Score:-3, Nutrition Score:5.7378261037495%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 347.77kcal (17.39%), Fat: 14.48g (22.28%), Saturated Fat: 8.03g (50.19%), Carbohydrates: 50.58g (16.86%), Net Carbohydrates: 49.47g (17.99%), Sugar: 32.44g (36.05%), Cholesterol: 78.43mg (26.14%), Sodium: 152.29mg (6.62%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.45g (10.91%), Selenium: 14.08µg (20.11%), Manganese: 0.34mg (17.23%), Phosphorus: 97.72mg (9.77%), Calcium: 96.38mg (9.64%), Vitamin A: 443.54IU (8.87%), Vitamin B2: 0.11mg (6.33%), Vitamin C: 5.03mg (6.1%), Copper: 0.1mg (4.77%), Magnesium: 18.18mg (4.55%), Folate: 18.06µg (4.51%), Fiber: 1.11g (4.45%), Vitamin D: 0.63µg (4.18%), Zinc: 0.62mg (4.16%), Vitamin E: 0.61mg (4.1%), Iron: 0.74mg (4.1%), Vitamin B5: 0.39mg (3.9%), Vitamin B1: 0.06mg (3.68%), Vitamin B12: 0.22µg (3.62%), Potassium: 96.16mg (2.75%), Vitamin B6: 0.05mg (2.57%), Vitamin B3: 0.3mg (1.5%), Vitamin K: 1.13µg (1.08%)