



Lemon Poppyseed Cake

 Dairy Free

READY IN



175 min.

SERVINGS



12

CALORIES



395 kcal

Ingredients

- 1 teaspoon almond extract
- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon cinnamon
- 1 cup percent fat whole
- 2 eggs
- 2 cups flour
- 1 tablespoon lemon zest freshly grated
- 0.3 teaspoon nutmeg
- 2.5 ounces poppy seeds

- 1.5 cups sugar
- 1 teaspoon vanilla extract pure
- 0.8 cup vegetable oil

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- loaf pan
- hand mixer
- wax paper

Directions

- In a bowl, combine the poppy seeds, lemon zest, and milk. Set aside to soak for at least 1 hour or refrigerated overnight. Preheat the oven to 350 degrees F. Line a 6-cup loaf pan with wax paper. In a mixer fitted with a whisk attachment (or using a hand mixer), whip the eggs and sugar together until light and fluffy.
- In a separate bowl, sift the dry ingredients together. With the mixer running, drizzle the oil, vanilla extract, and almond extract into the egg mixture. With the mixer still running, add alternating batches of dry ingredients and poppy seed-milk mixture to the egg mixture. The batter will be somewhat thin.
- Pour into the prepared pan.
- Bake 1 to 1 1/4 hours, until the center is raised and cracked and the whole cake is firm and dry on the top. Avoid opening the oven while baking. Do not under-bake or the cake will fall.
- Let cool in the pan for 5 minutes, then turn out onto a wire rack and continue cooling before serving.

Nutrition Facts



■ PROTEIN 4.17% ■ FAT 52.61% ■ CARBS 43.22%

Properties

Glycemic Index:26.42, Glycemic Load:29.2, Inflammation Score:-2, Nutrition Score:7.2052173795907%

Nutrients (% of daily need)

Calories: 394.78kcal (19.74%), Fat: 23.26g (35.79%), Saturated Fat: 7.65g (47.83%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 41.17g (14.97%), Sugar: 25.33g (28.14%), Cholesterol: 43.51mg (14.5%), Sodium: 101.05mg (4.39%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Protein: 4.15g (8.3%), Manganese: 0.56mg (27.93%), Selenium: 10.3µg (14.72%), Vitamin B1: 0.22mg (14.5%), Calcium: 143.03mg (14.3%), Folate: 46.52µg (11.63%), Phosphorus: 106.9mg (10.69%), Iron: 1.79mg (9.94%), Vitamin B2: 0.15mg (8.72%), Fiber: 1.82g (7.29%), Copper: 0.13mg (6.74%), Magnesium: 26.46mg (6.62%), Vitamin B3: 1.29mg (6.47%), Zinc: 0.73mg (4.89%), Vitamin K: 5.12µg (4.88%), Vitamin D: 0.57µg (3.83%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.22mg (2.25%), Potassium: 77.84mg (2.22%), Vitamin B6: 0.04mg (1.87%), Vitamin B12: 0.07µg (1.09%)