



Mini Poppy Seed Loaves

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon baking soda
- 0.5 cup butter melted
- 2 eggs beaten
- 2 cups flour all-purpose
- 1 teaspoon lemon zest grated
- 8 ounces yogurt plain
- 1 tablespoon poppy seeds

- 1 cup sugar
- 1 teaspoon vanilla extract

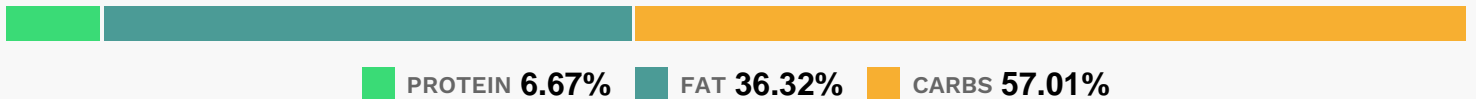
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- In a bowl, combine the flour, sugar, poppy seeds, peel and baking soda.
- Combine remaining ingredients; stir into flour mixture just until moistened. Spoon into three greased 5-3/4-in. x 3-in. x 2-in. loaf pans.
- Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:14.61, Glycemic Load:18.65, Inflammation Score:-2, Nutrition Score:3.8621739382329%

Nutrients (% of daily need)

Calories: 188.23kcal (9.41%), Fat: 7.64g (11.76%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 26.41g (9.6%), Sugar: 14.16g (15.73%), Cholesterol: 40.06mg (13.35%), Sodium: 101.09mg (4.4%), Alcohol: 0.14g (100%), Alcohol %: 0.29% (100%), Protein: 3.16g (6.32%), Selenium: 8.02µg (11.46%), Vitamin B1: 0.14mg (9.55%), Folate: 35.05µg (8.76%), Vitamin B2: 0.14mg (8.05%), Manganese: 0.16mg (7.88%), Iron: 0.95mg (5.29%), Phosphorus: 51.06mg (5.11%), Vitamin B3: 1.01mg (5.05%), Vitamin A: 235.81IU (4.72%), Calcium: 34.88mg (3.49%), Vitamin B5: 0.23mg (2.33%), Fiber: 0.58g (2.32%), Zinc: 0.34mg (2.25%), Magnesium: 8.49mg (2.12%), Copper: 0.04mg (2.03%), Vitamin B12: 0.12µg (2.02%), Vitamin E: 0.27mg (1.78%), Potassium: 56.57mg (1.62%), Vitamin B6: 0.02mg (1.21%)