



Orange Poppy Seed Butter Cake with Citrus Salad

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



534 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup buttermilk
- 5 large eggs at room temperature
- 3 cups flour all-purpose
- 0.5 teaspoon kosher salt
- 0.8 cup orange juice fresh divided (2 oranges)

- 2 tablespoons navel oranges
- 0.3 cup poppy seeds
- 10 servings the salad
- 2.3 cups sugar divided
- 0.8 cup butter unsalted softened
- 1 teaspoon vanilla extract
- 10 servings crème fraîche

Equipment

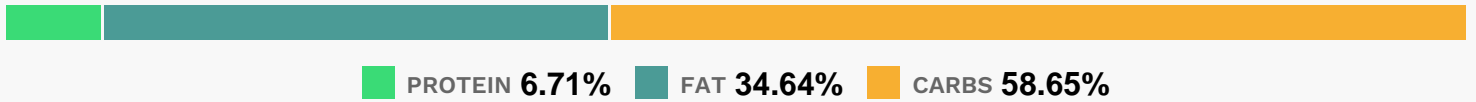
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer

Directions

- Preheat oven to 32
- Grease and flour a 10-inch tube pan, tapping out excess flour; set aside. Sift together first 3 ingredients. Stir in kosher salt, and set aside.
- Cream butter, 2 cups sugar, and zest in a large bowl with an electric mixer on medium speed.
- Add poppy seeds, and mix well.
- Add eggs, 1 at a time, beating well after each addition, pausing to scrape down bowl.
- Combine buttermilk, 1/2 cup orange juice, and vanilla in a small bowl.
- Add flour mixture and buttermilk mixture alternately to butter mixture, beginning and ending with flour mixture and beating at low speed after each addition.
- Pour batter into prepared pan, and bake at 325 for 55 minutes or until wooden pick inserted in center comes out clean.
- Let cool on wire rack 20 minutes; remove from pan, and let cool completely on wire rack.

- Combine remaining 1/4 cup sugar with remaining 1/4 cup orange juice in a saucepan. Bring to a simmer over medium heat, and cook 5 minutes or until syrupy.
- Place cake on a serving plate.
- Brush with warm glaze.
- Let cool to room temperature before serving.
- Serve with Citrus Salad, and garnish, if desired.
- Remove eggs from refrigerator, and place in a bowl for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:53.45, Inflammation Score:-7, Nutrition Score:13.565652163132%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 533.96kcal (26.7%), Fat: 20.88g (32.12%), Saturated Fat: 11.19g (69.91%), Carbohydrates: 79.52g (26.51%), Net Carbohydrates: 77.75g (28.27%), Sugar: 48.07g (53.41%), Cholesterol: 138mg (46%), Sodium: 301.01mg (13.09%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 9.1g (18.21%), Selenium: 22.35µg (31.92%), Manganese: 0.55mg (27.71%), Folate: 106.32µg (26.58%), Vitamin B1: 0.37mg (24.84%), Vitamin C: 20.47mg (24.81%), Vitamin A: 1153.92IU (23.08%), Vitamin B2: 0.39mg (22.67%), Phosphorus: 175.02mg (17.5%), Iron: 2.9mg (16.12%), Calcium: 141.9mg (14.19%), Vitamin B3: 2.6mg (13%), Copper: 0.17mg (8.35%), Magnesium: 32.54mg (8.14%), Vitamin B5: 0.75mg (7.54%), Fiber: 1.77g (7.06%), Potassium: 246.42mg (7.04%), Zinc: 1.05mg (7%), Vitamin D: 0.91µg (6.08%), Vitamin B6: 0.12mg (5.94%), Vitamin B12: 0.33µg (5.53%), Vitamin E: 0.8mg (5.37%), Vitamin K: 1.61µg (1.54%)