



Orange-Poppy Seed Cake

 Dairy Free

READY IN



190 min.

SERVINGS



16

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 cup water
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs
- ☐ 2 tablespoons poppy seeds
- ☐ 1 cup powdered sugar

- ☐ 0.3 teaspoon orange zest grated
- ☐ 1 tablespoons orange juice
- ☐ 1 serving orange zest grated

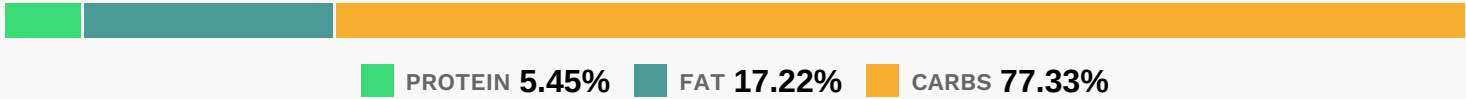
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease and lightly flour 12-cup fluted tube cake pan, or spray with baking spray with flour.
- ☐ In large bowl, beat cake mix, 1 tablespoon orange peel, water, 1/2 cup orange juice, oil and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in poppy seed.
- ☐ Pour into pan.
- ☐ Bake as directed on box for 12-cup fluted tube pan. Cool 15 minutes; remove from pan to cooling rack or heatproof serving plate. Cool completely, about 2 hours.
- ☐ In small bowl, mix powdered sugar, 1/4 teaspoon orange peel and 1 tablespoon orange juice. Stir in additional orange juice, 1 teaspoon at a time, until glaze is smooth and consistency of thick syrup.
- ☐ Spread glaze over top of cake, allowing some to drizzle down sides.
- ☐ Garnish with additional orange peel. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:4.3260870031689%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 182.92kcal (9.15%), Fat: 3.53g (5.44%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 34.95g (12.71%), Sugar: 22.13g (24.59%), Cholesterol: 30.69mg (10.23%), Sodium: 247.88mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Phosphorus: 128.03mg (12.8%), Calcium: 92.1mg (9.21%), Folate: 29.76µg (7.44%), Vitamin C: 5.99mg (7.26%), Manganese: 0.14mg (7.05%), Vitamin B2: 0.12mg (6.98%), Vitamin B1: 0.1mg (6.46%), Iron: 0.96mg (5.32%), Selenium: 3.72µg (5.31%), Vitamin B3: 0.81mg (4.05%), Vitamin E: 0.52mg (3.48%), Vitamin K: 3.48µg (3.31%), Fiber: 0.75g (2.99%), Copper: 0.05mg (2.71%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.05mg (2.36%), Magnesium: 9.42mg (2.36%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.11µg (1.76%), Potassium: 54.89mg (1.57%), Vitamin A: 67.03IU (1.34%), Vitamin D: 0.17µg (1.1%)