

## Orange Poppy Seed Cake

READY IN



60 min.

SERVINGS



14

CALORIES



246 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 1.8 cups powdered sugar
- 0.8 cup egg substitute
- 2 tablespoons skim milk fat-free
- 0.5 teaspoon ground cinnamon
- 1 tablespoon orange juice
- 6 ounces orange juice concentrate frozen thawed canned
- 2 tablespoons poppy seeds
- 1 cup cream fat-free sour

- 2 tablespoons sugar
- 0.3 cup water
- 1 package cake mix yellow (regular size)

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- In a large bowl, combine the first seven ingredients; beat on low for 30 seconds. Beat on medium for 2 minutes. Coat a 10-in. fluted tube pan with cooking spray.
- Combine the sugar and cinnamon; sprinkle evenly in pan.
- Pour batter into pan.
- Bake at 350° for 40–45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.
- Combine glaze ingredients until smooth; drizzle over cake.

## Nutrition Facts



PROTEIN 6.06% FAT 5.79% CARBS 88.15%

## Properties

Glycemic Index:11.81, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:6.6617391368617%

## Flavonoids

Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 245.56kcal (12.28%), Fat: 1.6g (2.46%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 54.01g (19.64%), Sugar: 36.56g (40.62%), Cholesterol: 1.54mg (0.51%), Sodium: 320.28mg (13.93%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 3.77g (7.54%), Vitamin C: 18.3mg (22.19%), Phosphorus: 160.49mg (16.05%), Calcium: 134.97mg (13.5%), Vitamin B2: 0.19mg (11.09%), Selenium: 7.66µg (10.94%), Vitamin B1: 0.15mg (10.27%), Folate: 39.8µg (9.95%), Manganese: 0.18mg (8.85%), Iron: 1.21mg (6.7%), Vitamin B3: 1.04mg (5.18%), Potassium: 158.36mg (4.52%), Vitamin B5: 0.43mg (4.3%), Vitamin E: 0.64mg (4.28%), Vitamin B6: 0.09mg (4.27%), Magnesium: 16.48mg (4.12%), Fiber: 0.86g (3.42%), Copper: 0.06mg (3.15%), Zinc: 0.44mg (2.95%), Vitamin A: 123.88IU (2.48%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.17µg (1.11%)