

Poppy Seed Bread

 Vegetarian

READY IN



65 min.

SERVINGS



32

CALORIES



124 kcal

BREAD

Ingredients

- 1.5 teaspoons almond extract
- 1.5 teaspoons double-acting baking powder
- 3 eggs
- 3 cups flour all-purpose
- 1.5 cups milk
- 1 tablespoon poppy seeds
- 1.5 teaspoons salt
- 2.3 cups sugar

- 1.5 teaspoons vanilla extract
- 1 cup vegetable oil

Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- In a large bowl, combine the flour, sugar, baking powder, poppy seeds and salt. In another bowl, beat the eggs, milk, oil, almond extract and butter flavoring. Stir into dry ingredients just until moistened.
- Pour into two greased 8-in. x 4-in. loaf pans.
- Bake at 350° for 55–60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Nutrition Facts



PROTEIN 6.9% **FAT 17.27%** **CARBS 75.83%**

Properties

Glycemic Index:8.75, Glycemic Load:16.54, Inflammation Score:-1, Nutrition Score:2.7243478168612%

Nutrients (% of daily need)

Calories: 124.26kcal (6.21%), Fat: 2.4g (3.69%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 23.32g (8.48%), Sugar: 14.69g (16.32%), Cholesterol: 16.72mg (5.57%), Sodium: 139.57mg (6.07%), Alcohol: 0.13g (100%), Alcohol %: 0.33% (100%), Protein: 2.16g (4.31%), Selenium: 5.58µg (7.97%), Vitamin B1: 0.1mg (6.83%), Folate: 23.61µg (5.9%), Vitamin B2: 0.1mg (5.64%), Manganese: 0.1mg (5.11%), Phosphorus: 38.95mg (3.9%), Iron: 0.67mg (3.74%), Vitamin B3: 0.71mg (3.56%), Calcium: 33.45mg (3.34%), Vitamin K: 2.59µg (2.46%), Vitamin B12: 0.1µg (1.64%), Vitamin B5: 0.16mg (1.58%), Fiber: 0.37g (1.49%), Vitamin D: 0.21µg (1.39%), Magnesium: 5.52mg (1.38%), Zinc: 0.21mg (1.38%), Copper: 0.03mg (1.29%), Vitamin E: 0.17mg (1.15%), Potassium: 38.31mg (1.09%)