



Poppy Seed Bread

 Vegetarian

READY IN



225 min.

SERVINGS



1

CALORIES



2977 kcal

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup poppy seeds
- ☐ 1.3 cups milk
- ☐ 0.3 cup vegetable oil
- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs

☐ 1 serving powdered sugar

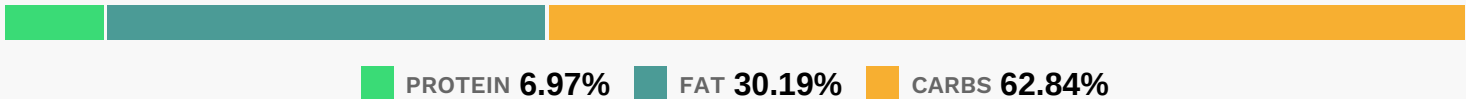
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom only of loaf pan, 9x5x3 inches.
- ☐ Mix all ingredients except powdered sugar in large bowl; beat 30 seconds with spoon.
- ☐ Pour into pan.
- ☐ Bake 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:280.09, Glycemic Load:321.21, Inflammation Score:-10, Nutrition Score:60.666521645111%

Nutrients (% of daily need)

Calories: 2977.1kcal (148.86%), Fat: 100.71g (154.93%), Saturated Fat: 19.75g (123.42%), Carbohydrates: 471.63g (157.21%), Net Carbohydrates: 458.29g (166.65%), Sugar: 224.35g (249.28%), Cholesterol: 200.28mg (66.76%), Sodium: 4003.13mg (174.05%), Alcohol: 1.38g (100%), Alcohol %: 0.18% (100%), Protein: 52.33g (104.66%), Manganese: 3.86mg (192.88%), Vitamin B1: 2.86mg (190.36%), Selenium: 129.9µg (185.57%), Calcium: 1632.76mg (163.28%), Folate: 613.05µg (153.26%), Vitamin B2: 2.23mg (131.41%), Vitamin K: 135.62µg (129.16%), Phosphorus: 1257.15mg (125.71%), Iron: 19.4mg (107.76%), Vitamin B3: 19.04mg (95.22%), Fiber: 13.34g (53.36%), Magnesium:

201.7mg (50.42%), Vitamin E: 7.19mg (47.92%), Copper: 0.91mg (45.61%), Zinc: 6.01mg (40.09%), Vitamin B12: 2.04µg (33.98%), Vitamin B5: 3.26mg (32.63%), Potassium: 1045.7mg (29.88%), Vitamin D: 4.24µg (28.23%), Vitamin B6: 0.46mg (23.06%), Vitamin A: 731.7IU (14.63%)