

Poppy Seed Bread I

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



252 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 4 eggs
- 3 cups flour all-purpose
- 1 cup milk
- 0.3 cup poppy seeds
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil

2 cups sugar white

Equipment

oven

mixing bowl

loaf pan

hand mixer

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 9 x 5 inch loaf pans.

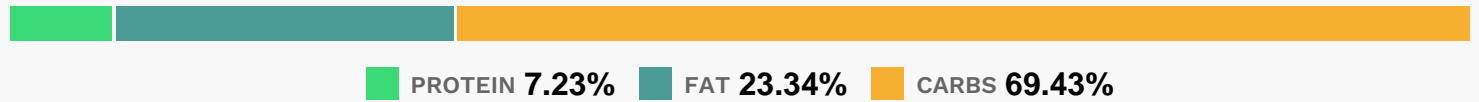
Mix the flour, salt, sugar, and soda in a mixing bowl.

Add vanilla, milk, eggs, and oil. Beat for five minutes with an electric mixer. Stir in the poppy seeds.

Pour batter into loaf pans.

Bake for one hour. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:30.67, Inflammation Score:-2, Nutrition Score:5.9013044272104%

Nutrients (% of daily need)

Calories: 251.5kcal (12.57%), Fat: 6.58g (10.12%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 43.11g (15.68%), Sugar: 25.87g (28.74%), Cholesterol: 42.75mg (14.25%), Sodium: 236.3mg (10.27%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.59g (9.18%), Selenium: 11.97µg (17.11%), Vitamin B1: 0.21mg (14.02%), Manganese: 0.27mg (13.51%), Folate: 49.34µg (12.34%), Vitamin B2: 0.19mg (11.39%), Iron: 1.45mg (8.04%), Phosphorus: 76.1mg (7.61%), Vitamin K: 7.67µg (7.3%), Vitamin B3: 1.42mg (7.12%), Calcium: 51.27mg (5.13%), Fiber: 0.94g (3.75%), Copper: 0.07mg (3.46%), Magnesium: 13.76mg (3.44%), Vitamin E: 0.5mg (3.33%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.39µg (2.59%), Potassium: 75.27mg (2.15%), Vitamin B6: 0.04mg (2.11%), Vitamin A: 84.11IU (1.68%)