



Poppy Seed Bread II

 Vegetarian

READY IN



80 min.

SERVINGS



3

CALORIES



1479 kcal

BREAD

Ingredients

- 1.5 teaspoons double-acting baking powder
- 2 teaspoons butter extract flavored
- 0.8 cup confectioners' sugar
- 3 eggs
- 3 cups flour all-purpose
- 2 teaspoons lemon extract
- 1.5 cups milk
- 0.3 cup orange juice

- 1.5 tablespoons poppy seeds
- 1.5 teaspoons salt
- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 2.3 cups sugar white

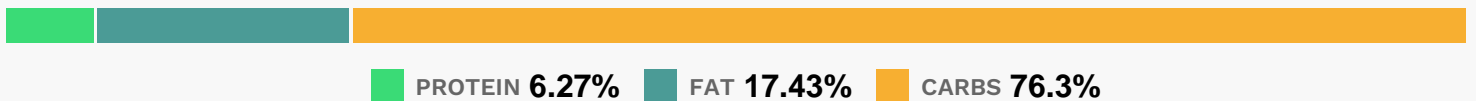
Equipment

- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease two 8x4 inch loaf pans.
- Mix the flour, salt, baking powder, eggs, milk, vegetable oil, white sugar, poppy seeds, 1 1/2 teaspoons of the vanilla, lemon and butter flavoring. Stir until just combined and pour the batter into the prepared pans.
- Bake at 350 degrees F (175 degrees C) for 1 hour. Cool for 5 minutes then poke holes in the top of the bread with a meat fork and pour glaze over tops.
- Mix the orange juice, confectioner's sugar, and the remaining 1/2 teaspoon each of the vanilla, butter and lemon flavorings. Use immediately to pour over the still warm loaves.

Nutrition Facts



Properties

Glycemic Index:127.36, Glycemic Load:177.51, Inflammation Score:-8, Nutrition Score:30.829565297002%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1479.36kcal (73.97%), Fat: 28.94g (44.53%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 285.05g (95.02%), Net Carbohydrates: 280.75g (102.09%), Sugar: 187.62g (208.46%), Cholesterol: 185.49mg (61.83%), Sodium: 1511.23mg (65.71%), Alcohol: 0.92g (100%), Alcohol %: 0.2% (100%), Protein: 23.44g (46.88%), Selenium: 59.95µg (85.64%), Vitamin B1: 1.12mg (74.98%), Folate: 259.42µg (64.85%), Vitamin B2: 1.04mg (60.91%), Manganese: 1.19mg (59.55%), Phosphorus: 432.78mg (43.28%), Iron: 7.38mg (41%), Vitamin B3: 7.68mg (38.38%), Calcium: 381.57mg (38.16%), Vitamin K: 27.85µg (26.53%), Vitamin B12: 1.06µg (17.6%), Vitamin B5: 1.74mg (17.36%), Fiber: 4.3g (17.19%), Magnesium: 66.26mg (16.57%), Zinc: 2.34mg (15.57%), Copper: 0.31mg (15.54%), Vitamin D: 2.22µg (14.81%), Potassium: 460.14mg (13.15%), Vitamin E: 1.95mg (13.01%), Vitamin C: 10.38mg (12.58%), Vitamin B6: 0.22mg (11.22%), Vitamin A: 559.87IU (11.2%)