



Poppy Seed Bread III

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



182 kcal

BREAD

Ingredients

- 0.5 teaspoon almond extract
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon butter extract flavored
- 3 eggs
- 3 cups flour all-purpose
- 1.5 cups milk
- 0.3 cup orange juice
- 1.5 tablespoons poppy seeds

- 1.5 teaspoons salt
- 0.5 teaspoon vanilla extract
- 1.1 cups vegetable oil
- 0.8 cup sugar white

Equipment

- oven
- loaf pan
- hand mixer

Directions

- Mix together the flour, 2 1/4 cups white sugar, baking powder, salt, milk, 1 1/2 teaspoons vanilla and eggs.
- Mix in the vegetable oil, poppy seeds, 1 1/2 teaspoons butter flavoring and 1 1/2 teaspoons almond flavoring. Beat with an electric mixer for 1 to 2 minutes.
- Lightly grease 2 loaf pans or 6 small loaf pans.
- Bake 45–60 minutes at 350 degrees F (175 degrees C). Cool for 3 minutes and top with the orange glaze.
- Mix together 1/4 cup orange juice, 3/4 cup sugar, 1/2 teaspoon vanilla, 1/2 teaspoon butter flavoring and 1/2 teaspoon almond flavoring.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:20.19, Inflammation Score:-3, Nutrition Score:5.7617391451545%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.24kcal (9.11%), Fat: 5.33g (8.2%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 28.32g (10.3%), Sugar: 10.93g (12.15%), Cholesterol: 33.77mg (11.26%), Sodium: 280.02mg (12.17%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.39g (8.78%), Selenium: 11.09µg (15.84%), Vitamin B1: 0.21mg (14.05%), Folate: 48.63µg (12.16%), Vitamin B2: 0.19mg (11.13%), Manganese: 0.22mg (11.09%), Phosphorus: 81.02mg (8.1%), Iron: 1.37mg (7.62%), Vitamin B3: 1.44mg (7.19%), Calcium: 71.16mg (7.12%), Vitamin K: 5.82µg (5.54%), Vitamin B12: 0.2µg (3.29%), Vitamin B5: 0.32mg (3.25%), Fiber: 0.81g (3.22%), Magnesium: 12.39mg (3.1%), Zinc: 0.43mg (2.9%), Copper: 0.06mg (2.82%), Vitamin D: 0.42µg (2.78%), Vitamin E: 0.38mg (2.55%), Potassium: 85.31mg (2.44%), Vitamin C: 1.95mg (2.36%), Vitamin B6: 0.04mg (2.1%), Vitamin A: 93.26IU (1.87%)