



Poppy Seed Bread with Glaze



Vegetarian

READY IN

ready

80 min.

SERVINGS

servings

16

CALORIES

calories

323 kcal

BREAD

Ingredients

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

- ☐ 3 tablespoons poppy seeds
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups vegetable oil
- ☐ 2.3 cups sugar white

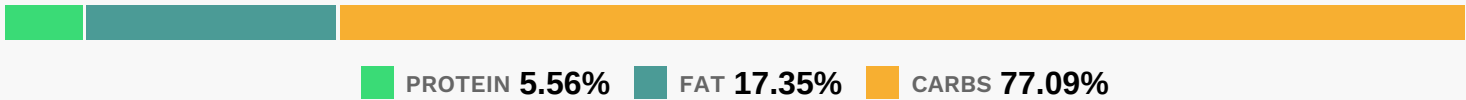
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease bottoms of two 9-inch loaf pans.
- ☐ Mix together flour, salt, baking powder, poppy seeds, butter flavoring, oil, eggs, milk, sugar, vanilla, and almond flavoring.
- ☐ Pour into prepared pans.
- ☐ Bake at 350 degrees F (175 degrees C) for one hour. Cool 5 minutes. Poke holes in top of loaves and pour glaze over.
- ☐ Mix orange juice, 1/2 teaspoon butter flavoring, 1/2 teaspoon almond flavoring, and 1 teaspoon vanilla.
- ☐ Add enough confectioners' sugar to make glaze.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:33.29, Inflammation Score:-2, Nutrition Score:6.2595652860144%

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: 322.59kcal (16.13%), Fat: 6.31g (9.7%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 63.02g (21.01%), Net Carbohydrates: 62.05g (22.57%), Sugar: 44.36g (49.28%), Cholesterol: 33.77mg (11.26%), Sodium: 280.74mg (12.21%), Alcohol: 0.13g (100%), Alcohol %: 0.13% (100%), Protein: 4.54g (9.09%), Selenium: 11.41µg (16.29%), Vitamin B1: 0.22mg (14.54%), Manganese: 0.28mg (14%), Folate: 49.32µg (12.33%), Vitamin B2: 0.2mg (11.56%), Phosphorus: 88.37mg (8.84%), Calcium: 83.64mg (8.36%), Iron: 1.47mg (8.18%), Vitamin B3: 1.45mg (7.23%), Vitamin K: 6.86µg (6.53%), Fiber: 0.97g (3.88%), Magnesium: 15.33mg (3.83%), Copper: 0.07mg (3.63%), Zinc: 0.5mg (3.37%), Vitamin B12: 0.2µg (3.29%), Vitamin B5: 0.33mg (3.28%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.42µg (2.78%), Potassium: 92.23mg (2.64%), Vitamin C: 1.95mg (2.37%), Vitamin B6: 0.04mg (2.21%), Vitamin A: 93.26IU (1.87%)