



Poppy Seed Bundt Cake II

READY IN



70 min.

SERVINGS



10

CALORIES



351 kcal

DESSERT

Ingredients

- 4 eggs
- 0.3 cup poppy seeds
- 1 cup cup heavy whipping cream sour
- 1 cup vegetable oil
- 0.5 cup sugar white
- 18.3 ounce duncan hines classic decadent cake mix yellow

Equipment

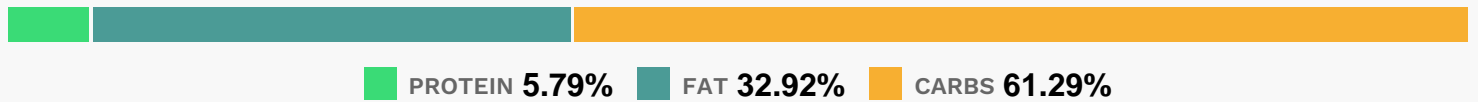
- bowl

- frying pan
- oven
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and sugar a 10 inch Bundt pan.
- In a large bowl, combine cake mix, oil, sour cream, poppy seeds and sugar.
- Mix until smooth. Beat in eggs one at a time.
- Pour batter into prepared pan.
- Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:6.99, Inflammation Score:-3, Nutrition Score:7.7217391794143%

Nutrients (% of daily need)

Calories: 351.27kcal (17.56%), Fat: 13.01g (20.01%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 54.49g (18.16%), Net Carbohydrates: 53.38g (19.41%), Sugar: 33.3g (37%), Cholesterol: 79.04mg (26.35%), Sodium: 409.52mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Phosphorus: 234.47mg (23.45%), Calcium: 178.3mg (17.83%), Vitamin B2: 0.24mg (14.29%), Manganese: 0.27mg (13.72%), Folate: 46.88µg (11.72%), Selenium: 8.2µg (11.72%), Vitamin B1: 0.15mg (10.17%), Vitamin K: 9.92µg (9.44%), Iron: 1.65mg (9.17%), Vitamin E: 1.15mg (7.66%), Vitamin B3: 1.25mg (6.27%), Vitamin B5: 0.54mg (5.44%), Vitamin A: 238.33IU (4.77%), Copper: 0.1mg (4.77%), Magnesium: 18.26mg (4.57%), Fiber: 1.11g (4.43%), Vitamin B12: 0.26µg (4.28%), Zinc: 0.64mg (4.27%), Vitamin B6: 0.09mg (4.27%), Potassium: 95.53mg (2.73%), Vitamin D: 0.35µg (2.35%)