



## Poppy Seed Cake

READY IN



45 min.

SERVINGS



10

CALORIES



604 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup butter softened
- 4 cups cake flour sifted
- 5 egg whites
- 2 cups milk
- 0.5 cup poppy seeds
- 0.5 teaspoon salt
- 2.5 cups sugar
- 1 tablespoon vanilla extract

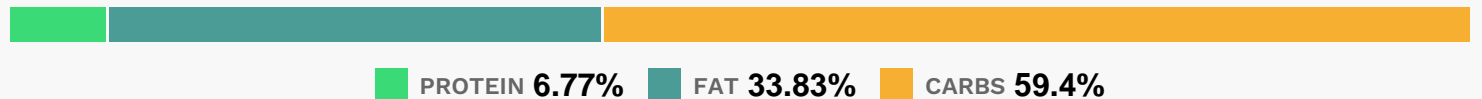
# Equipment

oven

# Directions

- Combine milk and poppy seeds. Cover, and let stand overnight in refrigerator.
- Cream butter; gradually add sugar, beating well.
- Combine flour, baking powder, and salt; add to creamed mixture alternately with milk mixture, beginning and ending with flour mixture.
- Mix well after each addition. Stir vanilla into batter.
- Beat egg whites (at room temperature) until stiff peaks form; fold into creamed mixture.
- Pour batter into 4 greased and floured 9-inch round cake pans.
- Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove layers from pans, and cool completely.
- Spread filling between layers and on top of cake.

# Nutrition Facts



# Properties

Glycemic Index:27.21, Glycemic Load:59.59, Inflammation Score:-6, Nutrition Score:9.8373914448463%

# Nutrients (% of daily need)

Calories: 603.92kcal (30.2%), Fat: 22.93g (35.28%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 90.56g (30.19%), Net Carbohydrates: 88.38g (32.14%), Sugar: 52.82g (58.69%), Cholesterol: 5.86mg (1.95%), Sodium: 503.9mg (21.91%), Alcohol: 0.45g (100%), Alcohol %: 0.29% (100%), Protein: 10.33g (20.66%), Manganese: 0.74mg (37.02%), Selenium: 24.75µg (35.36%), Calcium: 218.51mg (21.85%), Vitamin A: 892.03IU (17.84%), Phosphorus: 175.13mg (17.51%), Vitamin B2: 0.19mg (11.02%), Magnesium: 38.52mg (9.63%), Copper: 0.18mg (9.05%), Fiber: 2.18g (8.71%), Vitamin B1: 0.11mg (7.54%), Zinc: 1.03mg (6.88%), Vitamin E: 1.02mg (6.78%), Iron: 1.11mg (6.17%), Potassium: 196.32mg (5.61%), Folate: 21.43µg (5.36%), Vitamin B12: 0.3µg (5%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.54µg (3.58%), Vitamin B6: 0.06mg (3.19%), Vitamin B3: 0.62mg (3.11%)