



Poppy Seed Cake

READY IN



150 min.

SERVINGS



30

CALORIES



130 kcal

DESSERT

Ingredients

- 1 Tbsp butter melted
- 8 oz knudsen cream sour
- 0.5 cup cream sherry
- 4 eggs
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 Tbsp milk
- 0.5 cup miracle whip dressing
- 1 Tbsp orange juice
- 0.5 tsp orange zest

- 0.3 cup poppy seed
- 1 cup powdered sugar
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

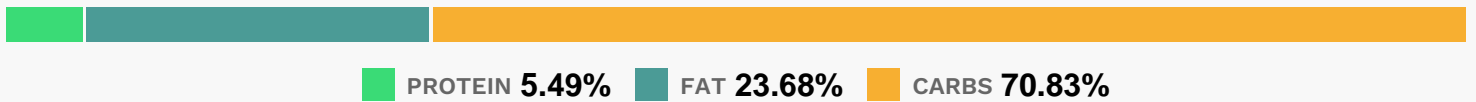
Equipment

- frying pan
- oven
- knife
- wire rack
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 7 ingredients with mixer until blended.
- Pour into greased and floured 12-cup fluted tube pan or 10-inch tube pan.
- Bake 50 min. or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from sides of pan with knife. Invert cake onto wire rack; gently remove pan. Cool cake completely.
- Mix remaining ingredients until blended; drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.5630434881086%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 129.68kcal (6.48%), Fat: 3.37g (5.19%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 22.21g (8.08%), Sugar: 14.77g (16.42%), Cholesterol: 26.73mg (8.91%), Sodium: 195.12mg (8.48%), Alcohol: 0.41g (100%), Alcohol %: 1.08% (100%), Protein: 1.76g (3.51%), Phosphorus: 79.75mg (7.97%), Calcium: 60.95mg (6.1%), Vitamin B2: 0.08mg (4.88%), Manganese: 0.1mg (4.82%), Selenium: 2.78µg (3.97%), Folate: 15.84µg (3.96%), Vitamin B1: 0.05mg (3.46%), Iron: 0.57mg (3.17%), Vitamin B3: 0.43mg (2.13%), Vitamin A: 100.49IU (2.01%), Fiber: 0.47g (1.9%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.19mg (1.86%), Magnesium: 6.62mg (1.65%), Copper: 0.03mg (1.65%), Vitamin B6: 0.03mg (1.55%), Zinc: 0.22mg (1.48%), Vitamin B12: 0.09µg (1.47%), Potassium: 39.43mg (1.13%)