

Poppy Seed Cake III

 Vegetarian

READY IN



150 min.

SERVINGS



10

CALORIES



420 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 4 eggs
- ☐ 13 fluid ounces evaporated milk
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

☐ 2 cups sugar white

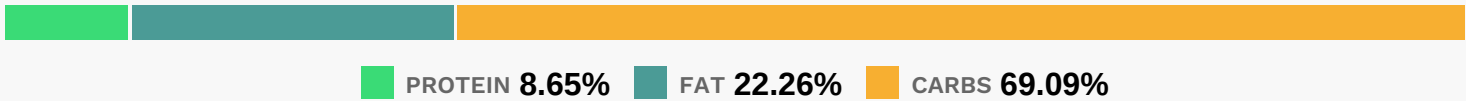
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour a 10 inch tube pan.
- ☐ In a large bowl, mix flour, baking soda, salt and sugar. Make a well in the center and add eggs, vanilla, oil and milk.
- ☐ Mix well and fold in the poppy seeds.
- ☐ Pour into a 10 inch tube pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour, or until a toothpick inserted into the cake comes out clean. Cool for 10 minutes in the pan, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:48.64, Inflammation Score:-4, Nutrition Score:10.386086865612%

Nutrients (% of daily need)

Calories: 419.81kcal (20.99%), Fat: 10.47g (16.11%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 73.17g (24.39%), Net Carbohydrates: 71.67g (26.06%), Sugar: 44.05g (48.94%), Cholesterol: 76.62mg (25.54%), Sodium: 238.55mg (10.37%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 9.16g (18.32%), Selenium: 19.58µg (27.97%), Vitamin B2: 0.4mg (23.38%), Vitamin B1: 0.34mg (22.72%), Manganese: 0.43mg (21.65%), Folate: 82.02µg (20.51%), Phosphorus: 175.15mg (17.51%), Calcium: 152.26mg (15.23%), Iron: 2.39mg (13.26%), Vitamin B3: 2.33mg (11.63%), Vitamin K: 8.41µg (8.01%), Magnesium: 28.29mg (7.07%), Vitamin B5: 0.69mg (6.87%), Zinc: 0.99mg (6.58%), Fiber:

1.5g (6%), Copper: 0.12mg (5.83%), Potassium: 199.98mg (5.71%), Vitamin E: 0.67mg (4.46%), Vitamin A: 186.91IU (3.74%), Vitamin B12: 0.22µg (3.64%), Vitamin B6: 0.07mg (3.59%), Vitamin D: 0.39µg (2.6%)