

# Poppy Seed Lemon Loaves

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon almond extract
- 0.5 teaspoon baking soda
- 0.3 cup butter melted
- 1 eggs lightly beaten
- 1 egg yolk beaten
- 1.5 cups flour all-purpose
- 0.5 teaspoon lemon zest
- 0.7 cup yogurt plain

- 2 teaspoons poppy seeds
- 0.7 cup sugar
- 0.8 teaspoon vanilla extract

## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- In a bowl, combine the flour, sugar, poppy seeds, baking soda and lemon peel.
- Combine the remaining ingredients; stir into dry ingredients just until moistened. Spoon into two greased 5-3/4-in. x 3-in. x 2-in. loaf pans.
- Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:21.91, Glycemic Load:19.81, Inflammation Score:-3, Nutrition Score:4.3682608915412%

## Nutrients (% of daily need)

Calories: 200.24kcal (10.01%), Fat: 8.04g (12.37%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 28.05g (10.2%), Sugar: 14.22g (15.8%), Cholesterol: 54.2mg (18.07%), Sodium: 118.71mg (5.16%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Protein: 3.52g (7.04%), Selenium: 9.31µg (13.3%), Vitamin B1: 0.16mg (10.83%), Folate: 40.88µg (10.22%), Vitamin B2: 0.15mg (8.92%), Manganese: 0.17mg (8.62%), Iron: 1.07mg (5.96%), Phosphorus: 58.57mg (5.86%), Vitamin B3: 1.13mg (5.67%), Vitamin A: 255.03IU (5.1%), Calcium: 38.12mg (3.81%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.38mg (2.55%), Fiber: 0.63g (2.54%), Vitamin B12: 0.15µg (2.46%), Magnesium: 9mg (2.25%), Copper: 0.04mg (2.2%), Vitamin E: 0.3mg (2%), Potassium: 60.56mg (1.73%), Vitamin B6: 0.03mg (1.46%), Vitamin D: 0.2µg (1.34%)