



Purim Poppyseed Cake with Lemon Glaze

READY IN



105 min.

SERVINGS



12

CALORIES



1958 kcal

DESSERT

Ingredients

- 1 tsp baking soda
- 2.5 cups flour
- 2 tbsp honey
- 9 inch round cake
- 3 tbsp juice of lemon fresh
- 3 tbsp lemon zest
- 1 cup cream sour
- 1 cup milk
- 1 cup poppy seeds

- 1 cup powdered sugar
- 1 tsp salt
- 1.5 cups sugar
- 1 cup butter unsalted room temperature (2 sticks) ()
- 1.5 tsp vanilla
- 1 tbsp water

Equipment

- baking paper
- wire rack
- hand mixer
- sifter
- kugelhopf pan

Directions

- Save Recipe
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- Purim Poppyseed Cake with Lemon Glaze
- Ingredients1 cup poppy seeds1 cup lowfat milk2 tbsp honey1 cup (2 sticks) unsalted butter (room temperature)1 1/2 cups sugar4 eggs separated (room temperature)3 tbsp lemon zest2 tbsp freshly squeezed lemon juice1 1/2 tsp vanilla1 cup lowfat sour cream2 1/2 cups flour1 tsp baking soda1 tsp salt
- Lemon Frosting Glaze (optional)1 cup powdered sugar2 tbsp freshly squeezed lemon juice
- Warm Lemon Glaze (optional)1 cup powdered sugar3 tbsp fresh lemon juice1 tbsp water
- Powdered sugar for dusting
- You will also need9–10 inch Bundt cake pan, electric mixer, sifter, wire cooling rack & parchment paper (optional)
- Prep Time: 40 Minutes
- Cook Time: 55 – 65 Minutes
- Total Time: 95 – 105 Minutes

Servings: 10–12 servings

Kosher Key: Dairy

Nutrition Facts

PROTEIN 6.85% **FAT 16.17%** **CARBS 76.98%**

Properties

Glycemic Index:16.86, Glycemic Load:33.37, Inflammation Score:-8, Nutrition Score:42.243043370869%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1958.28kcal (97.91%), Fat: 35.35g (54.38%), Saturated Fat: 15.66g (97.89%), Carbohydrates: 378.61g (126.2%), Net Carbohydrates: 373.52g (135.83%), Sugar: 229.1g (254.55%), Cholesterol: 576.21mg (192.07%), Sodium: 3551.87mg (154.43%), Alcohol: 0.18g (100%), Alcohol %: 0.03% (100%), Protein: 33.68g (67.35%), Vitamin B1: 1.55mg (103.65%), Vitamin B2: 1.6mg (93.9%), Manganese: 1.83mg (91.55%), Iron: 16.17mg (89.81%), Phosphorus: 848.66mg (84.87%), Selenium: 58.5µg (83.56%), Folate: 301.8µg (75.45%), Vitamin B3: 11.66mg (58.3%), Calcium: 545.34mg (54.53%), Vitamin A: 1372.07IU (27.44%), Vitamin B5: 2.72mg (27.19%), Copper: 0.51mg (25.33%), Zinc: 3.7mg (24.64%), Vitamin B12: 1.47µg (24.58%), Magnesium: 96.83mg (24.21%), Fiber: 5.09g (20.37%), Potassium: 686.15mg (19.6%), Vitamin B6: 0.32mg (16.13%), Vitamin E: 1.91mg (12.77%), Vitamin D: 1.57µg (10.49%), Vitamin C: 3.66mg (4.44%), Vitamin K: 2.55µg (2.43%)