



Quick Lemon Poppy Seed Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

Ingredients

- ☐ 4 eggs
- ☐ 3 ounce lemon pudding mix instant
- ☐ 18.3 ounce lemon cake mix
- ☐ 0.3 cup poppy seeds
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water

Equipment

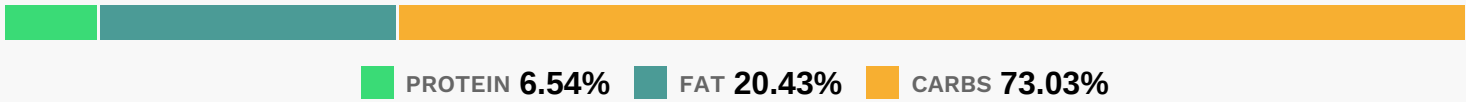
- ☐ bowl
- ☐ oven

- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 – 8x4 inch loaf pans.
- ☐ In a large bowl, mix together the cake mix, eggs, oil, pudding mix, water, and poppy seeds.
- ☐ Spread batter into two greased 8x4 inch loaf pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:8.518260874502%

Nutrients (% of daily need)

Calories: 348.54kcal (17.43%), Fat: 7.97g (12.26%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 64.09g (21.36%), Net Carbohydrates: 62.7g (22.8%), Sugar: 28.17g (31.3%), Cholesterol: 81.84mg (27.28%), Sodium: 558.14mg (24.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Phosphorus: 271.55mg (27.16%), Calcium: 195.13mg (19.51%), Manganese: 0.34mg (17.1%), Vitamin B2: 0.26mg (15.04%), Folate: 56.88µg (14.22%), Selenium: 9.23µg (13.19%), Vitamin B1: 0.19mg (12.36%), Iron: 2.05mg (11.41%), Vitamin B3: 1.54mg (7.72%), Vitamin E: 1.1mg (7.36%), Vitamin K: 6.95µg (6.62%), Copper: 0.12mg (6.03%), Vitamin B5: 0.59mg (5.86%), Fiber: 1.4g (5.58%), Magnesium: 20.67mg (5.17%), Vitamin B6: 0.1mg (4.77%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.44µg (2.93%), Potassium: 83.76mg (2.39%), Vitamin A: 118.8IU (2.38%)