



Sour Cream-Poppy Seed Cake

READY IN



130 min.

SERVINGS



10

CALORIES



336 kcal

DESSERT

Ingredients

- 1 cup knudsen cream sour
- 4 eggs
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup oil
- 0.5 cup orange juice
- 0.3 cup poppy seed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

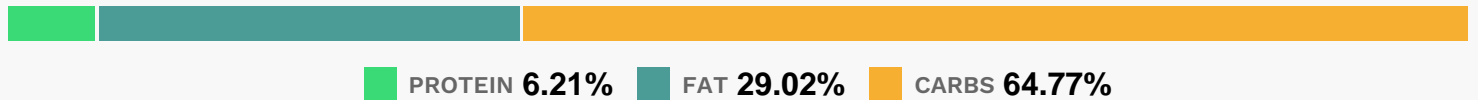
Equipment

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

Directions

- Heat oven to 350F.
- Beat all ingredients except poppy seed in large bowl with mixer on low speed just until moistened, stopping frequently to scrape side of bowl. Beat on medium speed 2 min. Stir in poppy seed.
- Pour into greased and floured 12-cup fluted tube pan or 10-inch tube pan.
- Bake 50 to 55 min. or until toothpick inserted near center comes out clean. Cool cake in pan 10 min.; loosen cake from side of pan. Gently remove cake from pan; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:8.0360870361328%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 336kcal (16.8%), Fat: 10.92g (16.79%), Saturated Fat: 4g (25.01%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 53.61g (19.5%), Sugar: 31.99g (35.55%), Cholesterol: 79.04mg (26.35%), Sodium: 470.48mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Phosphorus: 236.65mg (23.66%), Calcium: 179.97mg (18%), Vitamin B2: 0.25mg (14.47%), Manganese: 0.28mg (13.82%), Folate: 50.58µg (12.64%),

Selenium: 8.24µg (11.77%), Vitamin B1: 0.16mg (10.91%), Iron: 1.68mg (9.31%), Vitamin E: 1.19mg (7.93%), Vitamin C: 6.43mg (7.8%), Vitamin B3: 1.3mg (6.52%), Vitamin B5: 0.57mg (5.67%), Vitamin A: 263.13IU (5.26%), Copper: 0.1mg (5.11%), Magnesium: 19.62mg (4.91%), Fiber: 1.19g (4.76%), Vitamin B6: 0.09mg (4.51%), Zinc: 0.65mg (4.32%), Vitamin B12: 0.26µg (4.28%), Potassium: 122.04mg (3.49%), Vitamin K: 3.51µg (3.34%), Vitamin D: 0.35µg (2.35%)