



Sour Cream Poppy Seed Cake

READY IN



75 min.

SERVINGS



10

CALORIES



337 kcal

DESSERT

Ingredients

- 4 eggs
- 3.5 ounce vanilla pudding instant
- 0.5 cup orange juice
- 0.3 cup poppy seeds
- 1 cup cream sour
- 0.5 cup vegetable oil
- 18.3 ounce cake mix yellow

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan.
- In a large bowl, stir together cake mix and pudding mix. Make a well in the center and pour in oil, eggs, sour cream and juice. Beat on low speed until blended. Scrape bowl, and beat 2 minutes on medium speed. Stir in the poppy seeds.
- Pour batter into prepared pan.
- Bake in the preheated oven for 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool 15 minutes in the pan.
- Remove from pan, then sprinkle with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:8.0778260541999%

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: 336.69kcal (16.83%), Fat: 10.86g (16.7%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 53.91g (19.6%), Sugar: 32.24g (35.82%), Cholesterol: 79.04mg (26.35%), Sodium: 472.55mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Phosphorus: 236.77mg (23.68%), Calcium: 180.06mg (18.01%), Vitamin B2: 0.25mg (14.48%), Manganese: 0.28mg (13.82%), Folate: 50.6µg (12.65%), Selenium: 8.25µg (11.78%), Vitamin B1: 0.16mg (10.91%), Iron: 1.68mg (9.32%), Vitamin C: 6.43mg (7.8%), Vitamin B3: 1.3mg (6.52%), Vitamin E: 0.98mg (6.5%), Vitamin B5: 0.57mg (5.67%), Vitamin K: 5.92µg (5.64%), Vitamin A: 263.13IU (5.26%), Copper: 0.1mg (5.11%), Magnesium: 19.62mg (4.91%), Fiber: 1.19g (4.77%), Vitamin B6: 0.09mg

(4.52%), Zinc: 0.65mg (4.32%), Vitamin B12: 0.26µg (4.28%), Potassium: 122.11mg (3.49%), Vitamin D: 0.35µg (2.35%)