

# Poppy Seed Spongecake

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Yield: 1 spongecake**

*5 eggs*

*3/4 cup sugar*

*1 cup all-purpose flour*

*1/2 teaspoon baking powder*

*1/2 cup poppy seeds*

*3 tablespoons butter, melted*

*1 teaspoon vanilla extract*

Preheat the oven to 350 degrees.

Butter and flour a 9-inch springform cake pan. Set aside.

Place a stainless steel bowl over a saucepan filled with simmering hot water. In a bowl, beat the eggs and sugar for 5 minutes or until the mixture thickens. Off heat, continue beating until the mixture cools slightly. Set aside.

In a second bowl, sift the flour and baking powder. Fold in the poppy seeds. Fold into the beaten egg mixture.

With a spatula or whisk, gently fold in the melted butter and vanilla extract. Pour the batter into the cake pan.

Bake in the oven for 25 to 35 minutes. Remove from the oven. Detach the cake from the pan by running a small knife around the sides. Let cool for 5 minutes. Undo the cake pan. Turn out the cake onto a wire rack or cookie sheet sprinkled with sugar. Let stand until cold.

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Per Serving (excluding unknown items): 2099 Calories; 92g Fat (39.1% calories from fat); 57g Protein; 266g Carbohydrate; 10g Dietary Fiber; 1153mg Cholesterol; 964mg Sodium. Exchanges: 7 1/2 Grain(Starch); 5 1/2 Lean Meat; 14 1/2 Fat; 10 Other Carbohydrates.

Desserts, Information

**Calories (kcal):** 2099  
**% Calories from Fat:** 39.1%  
**% Calories from Carbohydrates:** 50.1%  
**% Calories from Protein:** 10.8%  
**Total Fat (g):** 92g  
**Saturated Fat (g):** 33g  
**Monounsaturated Fat (g):** 24g  
**Polyunsaturated Fat (g):** 27g  
**Cholesterol (mg):** 1153mg  
**Carbohydrate (g):** 266g  
**Dietary Fiber (g):** 10g  
**Protein (g):** 57g  
**Sodium (mg):** 964mg  
**Potassium (mg):** 976mg  
**Calcium (mg):** 1315mg  
**Iron (mg):** 17mg  
**Zinc (mg):** 11mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 2520IU  
**Vitamin A (r.e.):** 672RE

**Vitamin B6 (mg):** .6mg  
**Vitamin B12 (mcg):** 3.3mcg  
**Thiamin B1 (mg):** 1.7mg  
**Riboflavin B2 (mg):** 1.9mg  
**Folacin (mcg):** 315mcg  
**Niacin (mg):** 8mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 13  
**% Refuse:** 0.0%

### Food Exchanges

**Grain (Starch):** 7 1/2  
**Lean Meat:** 5 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 14 1/2  
**Other Carbohydrates:** 10

## Nutrition Facts

### Amount Per Serving

**Calories** 2099 **Calories from Fat:** 820

### % Daily Values\*

<b>Total Fat</b>	92g	142%
Saturated Fat	33g	164%
<b>Cholesterol</b>	1153mg	384%
<b>Sodium</b>	964mg	40%
<b>Total Carbohydrates</b>	266g	89%
Dietary Fiber	10g	42%
<b>Protein</b>	57g	
<b>Vitamin A</b>		50%
<b>Vitamin C</b>		0%
<b>Calcium</b>		132%
<b>Iron</b>		96%

\* Percent Daily Values are based on a 2000 calorie diet.