

# Poppy Seed Bread I

*Baird House - Mars Hill, NC*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## **Yield: 2 small loaves**

*1 1/2 cups sugar*  
*3 eggs, beaten*  
*1 1/2 teaspoons vanilla extract*  
*1 1/2 teaspoons butter flavoring*  
*1 1/2 tablespoons poppy seeds*  
*1 teaspoon almond extract*  
*3 cups flour*  
*1 teaspoon salt*  
*1 1/2 teaspoons baking powder*  
*1 1/2 cups milk*  
*1 cup salad oil*  
*GLAZE frosting*  
*1/4 cup fresh orange juice*  
*3/4 cup confectioner's sugar*  
*1/2 teaspoon vanilla sauce*

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Preheat the oven to 350 degrees.

Grease and flour two small loaf pans.

In a bowl, add the sugar to the beaten eggs. Add the vanilla extract, butter flavoring, poppy seeds and almond extract.

In a separate bowl, mix the flour, salt and baking powder. Add to the sugar/egg mixture. Then add the milk and oil. Pour the batter into the loaf pans.

Bake for one hour until a cake tester inserted in the center comes out clean. Remove from the oven.

Make the glaze: In a bowl, combine the orange juice, confectioner's sugar and vanilla extract. Mix well.

Pour the glaze over the warm bread.

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Per Serving (excluding unknown items): 5377 Calories; 255g Fat (42.4% calories from fat); 72g Protein; 707g Carbohydrate; 12g Dietary Fiber; 686mg Cholesterol; 3267mg Sodium. Exchanges: 19 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Non-Fat Milk; 48 Fat; 26 1/2 Other Carbohydrates.

Bread and Muffins

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	5377	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	42.4%	<b>Vitamin B12 (mcg):</b>	3.3mcg

**% Calories from Carbohydrates:** 52.2%  
**% Calories from Protein:** 5.4%  
**Total Fat (g):** 255g  
**Saturated Fat (g):** 39g  
**Monounsaturated Fat (g):** 139g  
**Polyunsaturated Fat (g):** 54g  
**Cholesterol (mg):** 686mg  
**Carbohydrate (g):** 707g  
**Dietary Fiber (g):** 12g  
**Protein (g):** 72g  
**Sodium (mg):** 3267mg  
**Potassium (mg):** 1382mg  
**Calcium (mg):** 1193mg  
**Iron (mg):** 23mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 34mg  
**Vitamin A (i.u.):** 1317IU  
**Vitamin A (r.e.):** 361 1/2RE

**Thiamin B1 (mg):** 3.4mg  
**Riboflavin B2 (mg):** 3.2mg  
**Folacin (mcg):** 222mcg  
**Niacin (mg):** 23mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 25  
**% Refused:** 0.0%

### Food Exchanges

**Grain (Starch):** 19  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 1 1/2  
**Fat:** 48  
**Other Carbohydrates:** 26 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 5377                      **Calories from Fat:** 2280

### % Daily Values\*

<b>Total Fat</b>	255g	392%
Saturated Fat	39g	194%
<b>Cholesterol</b>	686mg	229%
<b>Sodium</b>	3267mg	136%
<b>Total Carbohydrates</b>	707g	236%
Dietary Fiber	12g	49%
<b>Protein</b>	72g	
<b>Vitamin A</b>		26%
<b>Vitamin C</b>		57%
<b>Calcium</b>		119%
<b>Iron</b>		126%

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