

Alaska Sheet Cake

 Vegetarian

READY IN



65 min.

SERVINGS



19

CALORIES



321 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 0.5 cup butter
- 0.5 cup buttermilk
- 16 ounce confectioners' sugar sifted
- 3 eggs
- 2 cups flour all-purpose
- 5 tablespoons milk

- 1 cup pecans chopped
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup water
- 2 cups sugar white

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- toothpicks

Directions

- Preheat oven to 400 degrees F (200 degrees C), and grease and flour a 10x15 inch sheet pan.
- Stir together the flour and salt in a large mixing bowl.
- Place 1 cup butter with the water in a saucepan, and bring to a boil over medium heat.
- Remove from the heat, and set aside to cool.
- Beat eggs in a separate mixing bowl, and stir in the sugar, buttermilk, boiled butter mixture, baking soda, baking powder, vanilla extract, and almond extract until well combined.
- Pour the egg mixture into the flour mixture, and stir until the batter is well mixed.
- Pour the batter into the prepared baking sheet.
- Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, about 15 minutes.
- Let the cake cool before icing.
- To make icing, place 1/2 cup of butter and the milk into a saucepan, and bring to a boil over medium-low heat.
- Remove from the heat, and beat in the confectioners' sugar, chopped pecans, and vanilla extract. Ice the cooled cake with the warm frosting.

Nutrition Facts

PROTEIN 3.82% FAT 27.81% CARBS 68.37%

Properties

Glycemic Index:19.27, Glycemic Load:22.18, Inflammation Score:-2, Nutrition Score:4.4878260318352%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 321.17kcal (16.06%), Fat: 10.17g (15.64%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 55.33g (20.12%), Sugar: 45.18g (50.2%), Cholesterol: 39.86mg (13.29%), Sodium: 277.95mg (12.08%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 3.14g (6.29%), Manganese: 0.35mg (17.64%), Selenium: 7.45µg (10.64%), Vitamin B1: 0.15mg (9.96%), Vitamin B2: 0.13mg (7.72%), Folate: 29.1µg (7.28%), Phosphorus: 56.97mg (5.7%), Iron: 0.92mg (5.1%), Copper: 0.1mg (4.99%), Vitamin B3: 0.86mg (4.31%), Vitamin A: 206.83IU (4.14%), Fiber: 0.91g (3.62%), Zinc: 0.49mg (3.29%), Calcium: 30.54mg (3.05%), Magnesium: 12.08mg (3.02%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.12µg (2.04%), Potassium: 64.32mg (1.84%), Vitamin D: 0.26µg (1.76%), Vitamin B6: 0.03mg (1.73%)