Best-Ever Texas Sheet Cake

Popular

READY IN	SERVINGS	CALORIES
52 min.	24	229 kcal

DESSERT

Ingredients

- [ ] 1 cup knudsen cream sour
- [ ] 4 eggs
- [ ] 1 pkg chocolate cake mix (2-layer size)
- [ ] 3.9 oz jell-o chocolate flavor pudding instant
- [ ] 0.5 cup oil
- [ ] 0.8 cup planters pecans toasted chopped
- [ ] 8 oz baker's semi-sweet chocolate divided
- [ ] 0.5 cup water

- [ ] 8 oz cool whip whipped topping (Do not thaw.)

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] blender
- [ ] toothpicks
- [ ] microwave

Directions

- [ ] Heat oven to 375F.
- [ ] Melt 2 oz. chocolate as directed on package. Beat cake mix, dry pudding mix and next 4 ingredients with mixer until blended.
- [ ] Add melted chocolate; mix well.
- [ ] Pour into 15x10x1-inch pan sprayed with cooking spray.
- [ ] Bake 20 to 22 min. or until toothpick inserted in center comes out clean. Cool 20 min.
- [ ] Meanwhile, microwave remaining chocolate and COOL WHIP in microwaveable bowl on HIGH 1-1/2 min. or until chocolate is completely melted and mixture is well blended, stirring after 1 min. Cool 15 min.
- [ ] Spread COOL WHIP mixture onto cake; sprinkle with nuts.

Nutrition Facts

PROTEIN **5.88%** FAT **51.3%** CARBS **42.82%**

Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.2456521327081%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg,

Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 229.43kcal (11.47%), Fat: 13.47g (20.72%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.65g (8.6%), Sugar: 16.2g (18%), Cholesterol: 33.69mg (11.23%), Sodium: 235.71mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.43mg (3.48%), Protein: 3.47g (6.94%), Manganese: 0.32mg (16.23%), Copper: 0.25mg (12.61%), Phosphorus: 113.85mg (11.39%), Iron: 1.69mg (9.39%), Selenium: 6.09µg (8.7%), Magnesium: 33.46mg (8.36%), Fiber: 1.65g (6.6%), Vitamin B2: 0.1mg (5.77%), Calcium: 56.22mg (5.62%), Potassium: 168.18mg (4.81%), Zinc: 0.7mg (4.66%), Vitamin E: 0.63mg (4.17%), Vitamin B1: 0.06mg (4.08%), Folate: 16.28µg (4.07%), Vitamin K: 2.68µg (2.55%), Vitamin A: 113.29IU (2.27%), Vitamin B5: 0.23mg (2.25%), Vitamin B3: 0.44mg (2.19%), Vitamin B12: 0.12µg (2.02%), Vitamin B6: 0.04mg (1.78%)