



Blond Texas Sheet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 4 egg whites
- ☐ 18.3 oz duncan hines classic decadent cake mix white

Equipment

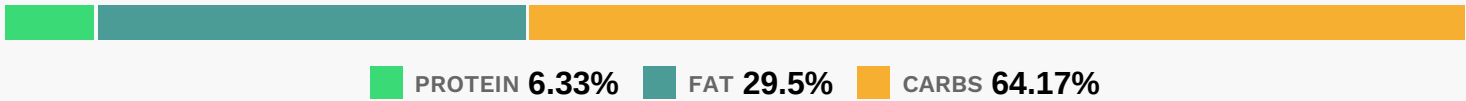
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat together first 5 ingredients at low speed with an electric mixer 2 minutes or until blended.
- ☐ Pour batter into a greased 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 15 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 2 hours.
- ☐ Prepare Caramel-Pecan Frosting.
- ☐ Pour immediately over cooled cake in pan, and spread quickly to cover cake.
- ☐ Note: For testing purposes only, we used Pillsbury Moist Supreme Premium Classic White Cake
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:4.4891304658807%

Nutrients (% of daily need)

Calories: 223.44kcal (11.17%), Fat: 7.38g (11.36%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 35.66g (12.97%), Sugar: 19.2g (21.34%), Cholesterol: 15.76mg (5.25%), Sodium: 376.94mg (16.39%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 3.56g (7.12%), Phosphorus: 165.32mg (16.53%), Calcium: 119.64mg (11.96%), Vitamin B2: 0.17mg (10.24%), Selenium: 6.51µg (9.3%), Folate: 31.77µg (7.94%), Vitamin B1: 0.1mg (6.91%), Vitamin B3: 1.06mg (5.3%), Iron: 0.86mg (4.76%), Manganese: 0.09mg (4.52%), Vitamin A: 190.58IU (3.81%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.23mg (2.29%), Copper: 0.04mg (2.11%), Potassium: 71.67mg (2.05%), Magnesium: 7.98mg (1.99%), Fiber: 0.47g (1.9%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.26µg (1.73%), Vitamin K: 1.67µg (1.59%)