



Chocolate-Caramel Sheet Cake

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



366 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup cocoa
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups pecans toasted coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

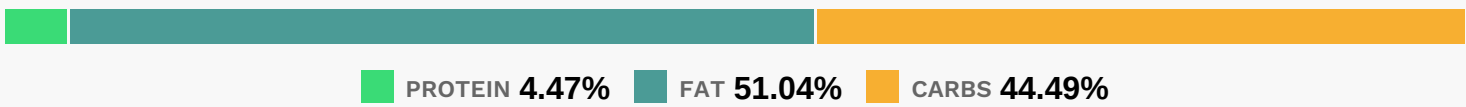
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Cook first 3 ingredients in a small saucepan over low heat, stirring constantly, until butter melts and mixture is smooth; remove from heat.
- ☐ Beat buttermilk and next 3 ingredients at medium speed with an electric mixer until smooth; add cocoa mixture, beating until blended.
- ☐ Combine sugar, flour, and salt; gradually add to buttermilk mixture, beating just until blended. (Batter will be thin.)
- ☐ Pour batter into a greased and floured 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool cake completely in pan on a wire rack.
- ☐ Pour warm Quick Caramel Frosting over cake, spreading evenly to edges of pan.
- ☐ Sprinkle evenly with pecans.

Nutrition Facts



Properties

Glycemic Index:15.74, Glycemic Load:27.99, Inflammation Score:-4, Nutrition Score:6.9952173660631%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 365.69kcal (18.28%), Fat: 21.47g (33.02%), Saturated Fat: 8.95g (55.96%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 40.08g (14.57%), Sugar: 27.57g (30.64%), Cholesterol: 58.22mg (19.41%), Sodium: 267.36mg (11.62%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.3mg (1.1%), Protein: 4.23g (8.46%), Manganese: 0.66mg (33.16%), Vitamin B1: 0.21mg (14.07%), Selenium: 8.92µg (12.75%), Copper: 0.22mg (11.03%), Folate: 37.34µg (9.34%), Vitamin B2: 0.15mg (9.1%), Vitamin A: 433.49IU (8.67%), Phosphorus: 82.36mg (8.24%), Fiber: 2.03g (8.11%), Iron: 1.38mg (7.69%), Magnesium: 26.1mg (6.53%), Vitamin B3: 1.16mg (5.81%), Zinc: 0.84mg (5.62%), Vitamin E: 0.59mg (3.94%), Vitamin B5: 0.32mg (3.2%), Potassium: 108.89mg (3.11%), Calcium: 29.35mg (2.93%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.24µg (1.58%), Vitamin K: 1.57µg (1.5%)