



Chocolate Sheet Cake

READY IN



25 min.

SERVINGS



12

CALORIES



488 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 0.5 cup buttermilk
- 2 large eggs lightly beaten
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 12 servings chocolate icing
- 0.1 teaspoon salt
- 0.5 cup shortening

- 2 cups sugar
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 1 cup water

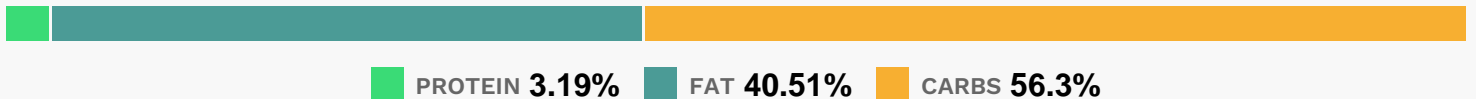
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Sift together sugar and next 4 ingredients in a large bowl.
- Stir together butter and next 3 ingredients in a saucepan over medium-low heat, stirring constantly, 5 minutes or just until butter and shortening melt.
- Remove from heat; pour over sugar mixture, stirring until dissolved. Cool slightly.
- Stir in buttermilk, eggs, and vanilla.
- Pour into a greased and lightly floured 15- x 10-inch jelly-roll pan.
- Bake at 350 for 30 to 35 minutes. (Cake will have a fudge-like texture.)
- Spread Chocolate Icing over hot cake.
- Serve with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:43.1, Inflammation Score:-4, Nutrition Score:6.2921739466002%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 488.29kcal (24.41%), Fat: 22.37g (34.42%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 69.96g (23.32%), Net Carbohydrates: 68.64g (24.96%), Sugar: 51.59g (57.32%), Cholesterol: 32.1mg (10.7%), Sodium: 280.97mg (12.22%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.97g (7.93%), Vitamin B2: 0.26mg (15.14%), Selenium: 10.48µg (14.97%), Manganese: 0.24mg (12.24%), Vitamin B1: 0.18mg (11.9%), Folate: 45.46µg (11.36%), Vitamin E: 1.36mg (9.05%), Iron: 1.45mg (8.04%), Vitamin A: 400.32IU (8.01%), Vitamin K: 8.4µg (8%), Phosphorus: 67.99mg (6.8%), Vitamin B3: 1.35mg (6.76%), Copper: 0.11mg (5.64%), Fiber: 1.31g (5.26%), Magnesium: 16.43mg (4.11%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.44mg (2.94%), Calcium: 27.99mg (2.8%), Potassium: 89.9mg (2.57%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.3µg (1.98%), Vitamin B6: 0.03mg (1.52%)