



Chocolate Sheet Cake

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.8 sticks butter
- ☐ 2 sticks butter
- ☐ 0.5 cup buttermilk
- ☐ 4 tablespoons cocoa powder
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons milk

- ☐ 0.5 cup pecans finely chopped
- ☐ 1 pound powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin tray

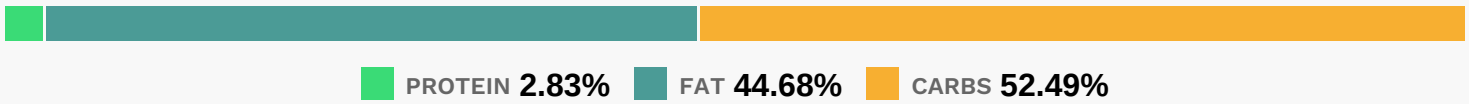
Directions

- ☐ For the cake: Preheat the oven to 350 degrees F.
- ☐ In a large bowl, combine the flour, sugar and salt. Stir together and set aside.
- ☐ In another bowl, mix the buttermilk, baking soda, vanilla and eggs.
- ☐ Mix with a fork and set aside.
- ☐ In a medium saucepan, melt the butter and add the cocoa.
- ☐ Whisk together to combine. Meanwhile, bring 1 cup water to a boil. When the butter is melted, pour the boiling water in the pan. Allow to bubble for a moment, then turn off the heat.
- ☐ Pour the chocolate mixture into the flour mixture. Stir together for a moment to cool the chocolate, then pour in the egg mixture. Stir together until smooth, then pour into an ungreased jelly roll pan (or rimmed baking sheet) and bake for 20 minutes.
- ☐ While the cake is baking, make the icing: Melt the butter in a saucepan over medium-low heat.
- ☐ Add the cocoa powder and stir until smooth.
- ☐ Add the milk, vanilla and powdered sugar. Stir together. Dump in the pecans and stir until well combined.

- ☐
- Immediately after removing the cake from the oven, pour the warm icing over the top. You'll want to avoid doing much spreading, so try to distribute it evenly as you pour.

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Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:17.54, Inflammation Score:-3, Nutrition Score:3.7182609165978%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 331.58kcal (16.58%), Fat: 16.91g (26.01%), Saturated Fat: 9.59g (59.96%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 43.88g (15.96%), Sugar: 35.72g (39.69%), Cholesterol: 54.46mg (18.15%), Sodium: 196.89mg (8.56%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.41g (4.81%), Manganese: 0.21mg (10.43%), Vitamin A: 479.33IU (9.59%), Selenium: 5.66µg (8.09%), Vitamin B1: 0.1mg (6.96%), Vitamin B2: 0.1mg (6.01%), Folate: 22.57µg (5.64%), Phosphorus: 44.19mg (4.42%), Iron: 0.75mg (4.19%), Copper: 0.08mg (4.04%), Vitamin B3: 0.68mg (3.4%), Vitamin E: 0.5mg (3.32%), Fiber: 0.81g (3.23%), Magnesium: 11.02mg (2.76%), Zinc: 0.34mg (2.27%), Calcium: 21.54mg (2.15%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.11µg (1.84%), Potassium: 56.45mg (1.61%), Vitamin K: 1.41µg (1.34%), Vitamin D: 0.19µg (1.26%), Vitamin B6: 0.02mg (1.1%)