



Chocolate Sheet Cake with Brown Sugar Frosting

READY IN



120 min.

SERVINGS



12

CALORIES



506 kcal

DESSERT

Ingredients

- 1 box duncan hines devil's food cake
- 2 tablespoons cocoa powder unsweetened
- 1.3 cups buttermilk
- 0.5 cup vegetable oil
- 3 eggs
- 0.5 cup butter
- 1 cup brown sugar packed
- 0.3 cup milk

- 2 cups powdered sugar
- 0.5 cup cashew pieces
- 0.5 cup cashew pieces coarsely chopped
- 0.5 cup candied pecans coarsely chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour.
- In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
- Meanwhile, in 2-quart saucepan, melt butter over medium heat. Stir in brown sugar.
- Heat to boiling, stirring constantly. Reduce heat to low; boil and stir 2 minutes. Stir in milk; return to boiling.
- Remove from heat. Cool to lukewarm, about 30 minutes.
- Gradually stir powdered sugar into brown sugar mixture.
- Place saucepan of frosting in bowl of cold water; beat with spoon until smooth and spreadable. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time, or heat over low heat, stirring constantly. Frost cake.
- Sprinkle evenly with cashews and pecans. Store loosely covered.

Nutrition Facts



■ PROTEIN 5.21% ■ FAT 40.6% ■ CARBS 54.19%

Properties

Glycemic Index:14.12, Glycemic Load:1.2, Inflammation Score:-4, Nutrition Score:9.2208696477439%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 506.06kcal (25.3%), Fat: 23.8g (36.62%), Saturated Fat: 8.3g (51.86%), Carbohydrates: 71.5g (23.83%), Net Carbohydrates: 69.8g (25.38%), Sugar: 54.96g (61.07%), Cholesterol: 64.62mg (21.54%), Sodium: 426.96mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.88mg (1.96%), Protein: 6.87g (13.74%), Phosphorus: 218.23mg (21.82%), Copper: 0.44mg (21.79%), Selenium: 11.56µg (16.51%), Iron: 2.86mg (15.87%), Manganese: 0.31mg (15.35%), Magnesium: 58.74mg (14.68%), Calcium: 121.16mg (12.12%), Vitamin B2: 0.17mg (10.18%), Vitamin K: 9.18µg (8.74%), Vitamin B1: 0.13mg (8.45%), Zinc: 1.24mg (8.27%), Potassium: 286.02mg (8.17%), Folate: 32.16µg (8.04%), Vitamin A: 346.33IU (6.93%), Fiber: 1.69g (6.77%), Vitamin E: 1mg (6.67%), Vitamin B6: 0.1mg (4.92%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.6µg (4.01%), Vitamin B3: 0.77mg (3.84%)