



Chocolate Sheet Cake with Peanut Butter Icing

READY IN



120 min.

SERVINGS



12

CALORIES



569 kcal

DESSERT

Ingredients

- ☐ 1 box chocolate cake mix
- ☐ 1 cup cream sour
- ☐ 1 cup water
- ☐ 0.5 cup vegetable oil
- ☐ 3 eggs
- ☐ 0.5 cup butter
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla

- ☐ 4 cups powdered sugar
- ☐ 0.8 cup roasted peanuts salted

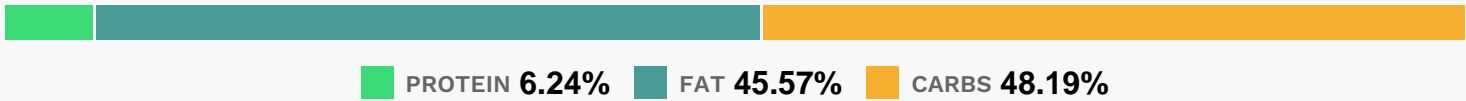
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 15x10x1-inch pan with cooking spray.
- ☐ In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter into pan.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, at least 1 hour.
- ☐ In 2-quart saucepan, heat butter, peanut butter and milk over medium-low heat, stirring constantly, until butter and peanut butter are melted.
- ☐ Heat to boiling; remove from heat. Stir in vanilla. Working quickly, add powdered sugar, 1 cup at a time, beating with whisk until incorporated and icing is smooth. Immediately spread icing over cake.
- ☐ Sprinkle with peanuts. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:9.7895653021076%

Nutrients (% of daily need)

Calories: 569.27kcal (28.46%), Fat: 30.05g (46.24%), Saturated Fat: 10.5g (65.59%), Carbohydrates: 71.52g (23.84%), Net Carbohydrates: 69.33g (25.21%), Sugar: 55.1g (61.23%), Cholesterol: 73.38mg (24.46%), Sodium: 469.4mg (20.41%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.96mg (1.32%), Protein: 9.26g (18.51%), Manganese: 0.46mg (23.03%), Phosphorus: 214.44mg (21.44%), Vitamin B3: 3.41mg (17.03%), Selenium: 10.14µg (14.48%), Magnesium: 54.89mg (13.72%), Copper: 0.27mg (13.35%), Vitamin E: 1.94mg (12.92%), Iron: 2.25mg (12.48%), Folate: 49.67µg (12.42%), Vitamin B2: 0.19mg (11.11%), Calcium: 105.55mg (10.55%), Fiber: 2.19g (8.77%), Potassium: 303.11mg (8.66%), Vitamin A: 427.23IU (8.54%), Vitamin B1: 0.12mg (7.83%), Zinc: 0.99mg (6.61%), Vitamin B6: 0.12mg (5.81%), Vitamin B5: 0.56mg (5.59%), Vitamin K: 5.74µg (5.47%), Vitamin B12: 0.19µg (3.18%), Vitamin D: 0.29µg (1.96%)