



Cinnamon Mocha Sheet Cake

 Vegetarian

READY IN



108 min.

SERVINGS



19

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 2 cups confectioners' sugar sifted
- ☐ 2 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons espresso powder instant

- ☐ 1 tablespoon milk as needed
- ☐ 3 tablespoons strong coffee decoction brewed
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 cup sugar white

Equipment

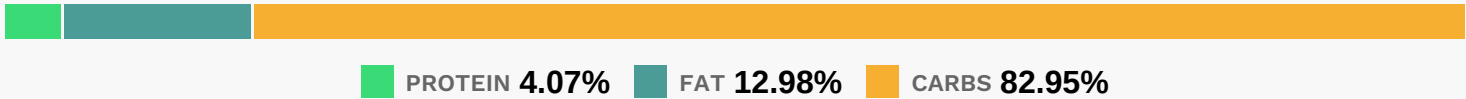
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 10x15-inch jelly roll pan.
- ☐ Melt 1 cup butter in a saucepan over medium heat.
- ☐ Whisk in 1/3 cup cocoa powder, water, and espresso powder; mix until smooth.
- ☐ Combine white sugar, brown sugar, flour, 1 1/2 teaspoon cinnamon, and baking soda in a mixing bowl.
- ☐ Pour in the butter-cocoa mixture, vanilla extract, 1/2 cup milk, and eggs.
- ☐ Mix until fully incorporated.
- ☐ Pour the batter into the prepared baking sheet
- ☐ Bake in the preheated oven until the cake springs back when touched lightly with a finger, about 18 minutes. Cool the cake in the pan on a wire rack.
- ☐ To make the icing, melt 1/4 cup butter in a saucepan or in the microwave.

- ☐
- Transfer melted butter to a mixing bowl.
- ☐
- Whisk in 3 tablespoons cocoa powder, coffee, 1/2 teaspoon cinnamon, and 1 tablespoon milk. Slowly mix in the sifted confectioners' sugar and beat until smooth; add milk as needed to reach the consistency you like.
- ☐
- Spread the icing over the cooled cake. For easier serving, score the icing before cutting the cake: mark lines as a guide before you start to cut, and divide the cake into 32 pieces.

Nutrition Facts



Properties

Glycemic Index:12.53, Glycemic Load:14.63, Inflammation Score:-1, Nutrition Score:3.0643477932267%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 214.49kcal (10.72%), Fat: 3.16g (4.87%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 45.49g (15.16%), Net Carbohydrates: 44.81g (16.29%), Sugar: 34.22g (38.03%), Cholesterol: 23.75mg (7.92%), Sodium: 88.6mg (3.85%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.28mg (6.43%), Protein: 2.23g (4.46%), Selenium: 6.39µg (9.12%), Manganese: 0.15mg (7.45%), Vitamin B1: 0.11mg (7.12%), Folate: 26.76µg (6.69%), Vitamin B2: 0.1mg (5.7%), Iron: 0.93mg (5.14%), Vitamin B3: 0.97mg (4.83%), Phosphorus: 32.86mg (3.29%), Copper: 0.06mg (3.12%), Fiber: 0.68g (2.7%), Magnesium: 10.56mg (2.64%), Potassium: 70.55mg (2.02%), Vitamin A: 101.09IU (2.02%), Calcium: 18.82mg (1.88%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.22mg (1.48%), Vitamin B6: 0.02mg (1.01%)