



Classic Texas Sheet Cake



Vegetarian



Popular

READY IN



60 min.

SERVINGS



16

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter
- ☐ 1 cup water
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 0.5 cup buttermilk
- ☐ 1 teaspoon baking soda

- ☐ 1 teaspoon vanilla
- ☐ 2 eggs slightly beaten
- ☐ 0.5 cup butter
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 6 tablespoons milk
- ☐ 2.5 cups powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 cup pecans chopped

Equipment

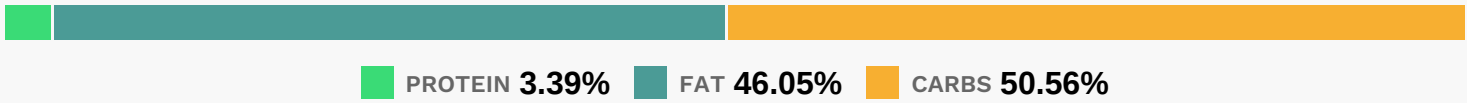
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 325°F. Spray 15x10x1-inch baking pan with cooking spray.
- ☐ In large bowl, stir together flour, granulated sugar and salt; set aside.
- ☐ In 2-quart saucepan, heat 1 cup butter, the water and 3 tablespoons baking cocoa to boiling.
- ☐ Remove from heat.
- ☐ Pour over flour mixture in bowl; stir until well mixed.
- ☐ Add buttermilk, baking soda, 1 teaspoon vanilla and the eggs; stir until well blended.
- ☐ Pour into pan, spreading evenly.
- ☐ Bake 22 to 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Meanwhile, in another 2-quart saucepan, heat 1/2 cup butter, 3 tablespoons baking cocoa and the milk to simmering.

- ☐
- Remove from heat. Beat in powdered sugar and 1 teaspoon vanilla with whisk until smooth.Stir in pecans.
- ☐
- Pour frosting over hot cake. Cool completely before cutting, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:26.33, Inflammation Score:-5, Nutrition Score:6.3856521728246%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 447.33kcal (22.37%), Fat: 23.61g (36.32%), Saturated Fat: 11.95g (74.72%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 56.54g (20.56%), Sugar: 44.37g (49.3%), Cholesterol: 67.71mg (22.57%), Sodium: 261.51mg (11.37%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.31mg (1.44%), Protein: 3.91g (7.81%), Manganese: 0.49mg (24.51%), Selenium: 8.37µg (11.96%), Vitamin B1: 0.18mg (11.94%), Vitamin A: 586.82IU (11.74%), Copper: 0.19mg (9.35%), Vitamin B2: 0.15mg (8.96%), Folate: 34.29µg (8.57%), Phosphorus: 77.59mg (7.76%), Iron: 1.29mg (7.14%), Fiber: 1.77g (7.08%), Magnesium: 23.76mg (5.94%), Vitamin B3: 1.07mg (5.35%), Zinc: 0.69mg (4.63%), Vitamin E: 0.67mg (4.44%), Calcium: 34.2mg (3.42%), Potassium: 106.03mg (3.03%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.15µg (2.5%), Vitamin B6: 0.04mg (1.98%), Vitamin D: 0.27µg (1.8%), Vitamin K: 1.88µg (1.79%)