



Eggless Texas Chocolate Sheet Cake

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk 2% (I used)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup silken tofu pureed

- ☐ 2 cups confectioner's sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts toasted chopped (preferably)
- ☐ 1 cup water
- ☐ 2 cups sugar white

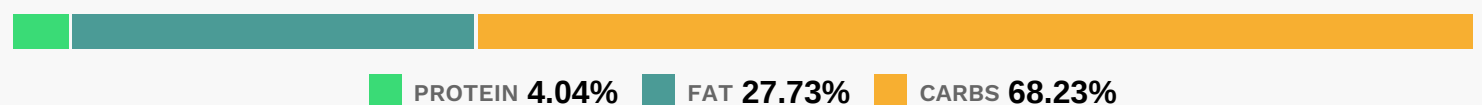
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375F/190C for about 15 minutes. Grease a 15x10x1-inch jelly roll pan. (See My Notes).In a large bowl, sift together the Part 1 ingredients.Bring the Part 2 ingredients to a boil.
- ☐ Remove from heat immediately and mix it with the dry flour mix.In a small bowl, mix together the Part 3 ingredients and stir it into the cocoa mixture.
- ☐ Pour the batter into the prepared pan and bake for about 20–22 minutes or until a toothpick inserted in the middle of the cake comes out clean.While the cake is baking, prepare the frosting by bringing butter, milk and cocoa to a boil, stirring constantly.
- ☐ Remove from heat; add the sugar and vanilla.
- ☐ Mix well. Once the cake is out of the oven, spread the frosting evenly on the hot cake and sprinkle with nuts immediately.
- ☐ Let the cake cool completely before slicing. I left it overnight. (See My Notes).

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:29.24, Inflammation Score:-2, Nutrition Score:3.5508695717739%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 242.43kcal (12.12%), Fat: 7.75g (11.93%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 41.97g (15.26%), Sugar: 33.93g (37.7%), Cholesterol: 11.12mg (3.71%), Sodium: 136.99mg (5.96%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.54g (5.08%), Manganese: 0.27mg (13.7%), Vitamin B1: 0.11mg (7.23%), Copper: 0.14mg (7.1%), Selenium: 4.4µg (6.28%), Folate: 24.52µg (6.13%), Vitamin B2: 0.08mg (4.96%), Phosphorus: 47.48mg (4.75%), Iron: 0.81mg (4.52%), Magnesium: 17.03mg (4.26%), Fiber: 0.94g (3.78%), Vitamin B3: 0.71mg (3.57%), Vitamin A: 132.9IU (2.66%), Zinc: 0.35mg (2.35%), Calcium: 23.19mg (2.32%), Potassium: 69.03mg (1.97%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.11mg (1.13%), Vitamin E: 0.16mg (1.04%)