



Fudgy Sheet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon butter softened
- ☐ 2 cups cake flour sifted
- ☐ 2 large eggs
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup buttermilk low-fat
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup cocoa unsweetened
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable shortening
- ☐ 0.5 cup water boiling

Equipment

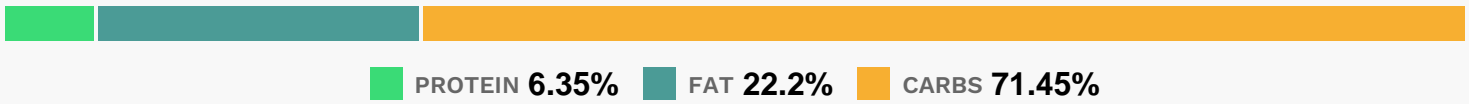
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, combine 1/2 cup cocoa and water in a small bowl; cool. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring well with a whisk.
- ☐ Place granulated sugar, shortening, and 2 teaspoons vanilla in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in cocoa mixture.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture and beating well after each addition.
- ☐ Pour batter into a 13 x 9-inch baking pan coated with cooking spray.

- ☐ Bake at 350 30 minutes or until the cake springs back when lightly touched. Cool in pan 10 minutes on a wire rack.
- ☐ To prepare icing, combine the powdered sugar and 3 tablespoons cocoa in a medium bowl, stirring well with a whisk.
- ☐ Add milk, butter, and 1/2 teaspoon vanilla; stir with a whisk until smooth.
- ☐ Spread icing over cake.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:27.24, Inflammation Score:-2, Nutrition Score:5.3469565892997%

Flavonoids

Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epicatechin: 9.49mg, Epicatechin: 9.49mg, Epicatechin: 9.49mg, Epicatechin: 9.49mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 317.55kcal (15.88%), Fat: 8.15g (12.54%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 56.74g (20.63%), Sugar: 40.99g (45.54%), Cholesterol: 32.82mg (10.94%), Sodium: 235.96mg (10.26%), Alcohol: 0.29g (100%), Alcohol %: 0.32% (100%), Caffeine: 11.12mg (3.71%), Protein: 5.24g (10.49%), Manganese: 0.36mg (17.85%), Selenium: 12.22µg (17.45%), Copper: 0.23mg (11.72%), Phosphorus: 92.71mg (9.27%), Fiber: 2.29g (9.15%), Magnesium: 33.04mg (8.26%), Vitamin B2: 0.11mg (6.18%), Iron: 1.04mg (5.79%), Zinc: 0.71mg (4.77%), Calcium: 41.33mg (4.13%), Potassium: 142.13mg (4.06%), Vitamin E: 0.54mg (3.63%), Folate: 13.4µg (3.35%), Vitamin B5: 0.33mg (3.35%), Vitamin K: 3.29µg (3.13%), Vitamin B12: 0.13µg (2.24%), Vitamin B1: 0.03mg (2.22%), Vitamin B6: 0.04mg (1.81%), Vitamin B3: 0.34mg (1.69%), Vitamin A: 70.13IU (1.4%), Vitamin D: 0.19µg (1.29%)