



Ganache-Topped Chocolate-Raspberry Sheet Cake

READY IN



45 min.

SERVINGS



16

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 10 tablespoon butter softened
- ☐ 2 cups cake flour
- ☐ 8 ounce carton cream fat-free sour
- ☐ 8 ounce carton egg substitute
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 0.5 cup raspberry jam seedless
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 1.3 cups sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water boiling

Equipment

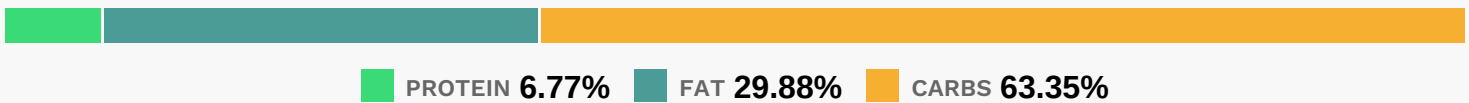
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 13 x 9-inch baking pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Pour boiling water over 1/2 cup cocoa in a small bowl, stirring to dissolve cocoa; cool mixture.

- ☐ Place 1 1/3 cups sugar and butter in a large bowl; beat with a mixer at medium speed 5 minutes or until well blended.
- ☐ Add cocoa mixture and egg substitute, beating well.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and 1/4 teaspoon salt, stirring with a whisk.
- ☐ Add flour mixture and sour cream alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition. Beat in vanilla.
- ☐ Pour batter into prepared pan. Sharply tap pan once on counter to remove air bubbles.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Carefully peel off wax paper; cool completely on wire rack.
- ☐ Spread jam over top of cake.
- ☐ To prepare ganache, combine 1/2 cup sugar, milk, and 1/4 cup cocoa in a medium saucepan over medium heat; bring to a boil, stirring frequently. Cook 1 minute, stirring constantly.
- ☐ Remove from heat; add 1/2 teaspoon vanilla extract, 1/8 teaspoon salt, and chopped chocolate, stirring until smooth.
- ☐ Spread ganache evenly over top of cake, allowing ganache to run down the sides.
- ☐ Let cake stand for 20 minutes or until set.
- ☐ Garnish with raspberries and mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:27.3, Inflammation Score:-4, Nutrition Score:6.1673912691033%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 303.06kcal (15.15%), Fat: 10.42g (16.03%), Saturated Fat: 6.27g (39.21%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 47.3g (17.2%), Sugar: 31.04g (34.49%), Cholesterol: 21.93mg (7.31%), Sodium: 238.67mg (10.38%), Alcohol: 0.22g (100%), Alcohol %: 0.25% (100%), Caffeine: 13.84mg (4.61%), Protein: 5.32g (10.63%), Selenium: 14.39µg (20.56%), Manganese: 0.36mg (17.84%), Copper: 0.27mg (13.38%), Magnesium: 38.93mg (9.73%), Phosphorus: 97.05mg (9.71%), Fiber: 2.41g (9.63%), Iron: 1.39mg (7.74%), Vitamin B2: 0.13mg (7.66%), Vitamin A: 302.22IU (6.04%), Calcium: 57.35mg (5.73%), Zinc: 0.82mg (5.44%), Potassium: 183.1mg (5.23%), Vitamin B5: 0.38mg (3.75%), Vitamin E: 0.55mg (3.65%), Folate: 12.12µg (3.03%), Vitamin B1: 0.04mg (2.98%), Vitamin B12: 0.12µg (2.06%), Vitamin B6: 0.04mg (1.96%), Vitamin B3: 0.34mg (1.69%), Vitamin D: 0.23µg (1.55%), Vitamin C: 1.11mg (1.34%), Vitamin K: 1.2µg (1.15%)