

G.G.'s Chocolate Sheet Cake



Vegetarian

READY IN

ready

110 min.

SERVINGS

servings

24

CALORIES

calories

253 kcal

DESSERT

Ingredients



1 teaspoon baking soda



0.5 cup butter



0.5 cup buttermilk



16 ounce confectioners' sugar



2 eggs



2 cups flour all-purpose



5 tablespoons milk



1 cup pecans chopped

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease an 11x17 jelly roll pan.
- ☐ Mix white sugar and flour in a large bowl.
- ☐ Combine 1 cup butter, water, and 3 tablespoons cocoa powder in a small saucepan; stir over medium heat until butter is melted and mixture is well combined.
- ☐ Pour melted butter mixture over sugar and flour; beat well. Beat in baking soda, buttermilk, eggs, and vanilla extract.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven until a toothpick inserted into the center of cake comes out clean, 20 to 25 minutes.
- ☐ Remove from oven and allow to cool on a wire rack.
- ☐ Combine remaining 1/2 cup butter, 3 tablespoons cocoa powder, and milk in a small saucepan; stir over medium heat until butter is melted and mixture is well combined. Beat powdered sugar into the butter mixture, mixing until frosting is smooth. Stir pecans into frosting and pour over cooled cake.

Nutrition Facts



 **PROTEIN 3.65%**  **FAT 27.5%**  **CARBS 68.85%**

Properties

Glycemic Index:11.42, Glycemic Load:17.54, Inflammation Score:-2, Nutrition Score:3.6165217366879%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 253.02kcal (12.65%), Fat: 7.96g (12.25%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 43.9g (15.96%), Sugar: 35.77g (39.74%), Cholesterol: 24.73mg (8.24%), Sodium: 89.04mg (3.87%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.38g (4.76%), Manganese: 0.3mg (15.13%), Vitamin B1: 0.12mg (7.87%), Selenium: 5.42µg (7.75%), Vitamin B2: 0.1mg (5.71%), Folate: 22.38µg (5.59%), Copper: 0.1mg (5.06%), Phosphorus: 44.23mg (4.42%), Iron: 0.77mg (4.29%), Fiber: 0.95g (3.79%), Vitamin B3: 0.69mg (3.47%), Magnesium: 12.43mg (3.11%), Vitamin A: 153.84IU (3.08%), Zinc: 0.41mg (2.73%), Calcium: 18.99mg (1.9%), Vitamin B5: 0.18mg (1.79%), Potassium: 57.86mg (1.65%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.34%), Vitamin B6: 0.03mg (1.25%), Vitamin D: 0.17µg (1.15%)