



Gooey Chocolate Buttermilk Sheet Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



471 kcal

DESSERT

Ingredients

- 280 g flour
- 2 teaspoons baking soda
- 1 tablespoon butter
- 125 ml buttermilk
- 3 tablespoons cocoa powder
- 2 large eggs beaten
- 500 g powdered sugar
- 1 cup milk

- 1 teaspoon salt
- 1.5 cups sugar
- 1 teaspoon vanilla extract
- 125 ml vegetable oil
- 1 cup water

Equipment

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

Directions

- Cake: Preheat oven to 350 F (180C). In a large saucepan, bring to a boil the water, cocoa, oil and butter or margarine.
- Mix the flour, sugar, salt and soda in a large mixing bowl.
- Whisk in the hot mixture and mix well. To this add the buttermilk, vanilla and the beaten eggs; continue mixing.
- Pour the batter into a greased and floured 9"x13" oblong baking pan.
- Bake in the preheated oven for approximately 20 minutes or until a toothpick comes out clean when inserted in the middle.
- Remove from the oven and frost while still warm. Frosting: In a large pan set over medium heat, melt the butter and the cocoa powder and milk. Stir in the sugar and vanilla; whisk until smooth.
- Add the chopped nuts if desired; stir well and spread on the warm cake.
- Let cake cool before serving.

Nutrition Facts

PROTEIN 3.93% FAT 24% CARBS 72.07%

Properties

Glycemic Index:22.01, Glycemic Load:30.86, Inflammation Score:-2, Nutrition Score:6.6252173913043%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 470.96kcal (23.55%), Fat: 12.82g (19.72%), Saturated Fat: 3.04g (19%), Carbohydrates: 86.58g (28.86%), Net Carbohydrates: 85.49g (31.09%), Sugar: 67.35g (74.84%), Cholesterol: 37.11mg (12.37%), Sodium: 417.18mg (18.14%), Protein: 4.72g (9.44%), Vitamin K: 17.95µg (17.1%), Selenium: 11.84µg (16.91%), Vitamin B1: 0.2mg (13.59%), Vitamin B2: 0.22mg (12.7%), Folate: 47.58µg (11.9%), Manganese: 0.21mg (10.73%), Phosphorus: 80.69mg (8.07%), Iron: 1.45mg (8.04%), Vitamin B3: 1.44mg (7.22%), Vitamin E: 0.93mg (6.22%), Copper: 0.1mg (4.9%), Calcium: 48.62mg (4.86%), Fiber: 1.09g (4.37%), Magnesium: 16.13mg (4.03%), Vitamin B12: 0.23µg (3.91%), Vitamin D: 0.53µg (3.52%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.49mg (3.27%), Potassium: 102.38mg (2.93%), Vitamin A: 124.53IU (2.49%), Vitamin B6: 0.04mg (2.11%)