



Grapefruit-Pecan Sheet Cake

READY IN



105 min.

SERVINGS



12

CALORIES



681 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.3 cup butter softened
- 1 cup butter melted
- 0.5 cup buttermilk
- 8 oz cream cheese softened
- 2 large eggs lightly beaten
- 2 cups flour all-purpose sifted
- 2 cups granulated sugar
- 1 ruby grapefruit red

- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon kosher salt
- 1 cup pecans toasted coarsely chopped
- 16 oz powdered sugar
- 12 servings shortening
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Prepare Cake: Grate zest from grapefruit to equal 3 Tbsp.
- Cut grapefruit in half, and squeeze juice to equal 10 Tbsp.
- Preheat oven to 37
- Stir together melted butter, 1/2 cup grapefruit juice, and 1/2 cup water in a small bowl.
- Stir together flour and next 4 ingredients in a large bowl. Stir in pecans, next 3 ingredients, 2 Tbsp. zest, and butter mixture until smooth.
- Pour batter into a greased (with shortening) and floured 13- x 9-inch pan.
- Bake at 375 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool 1 hour.
- Prepare Frosting: Beat cream cheese and softened butter at medium speed with an electric mixer 1 to 2 minutes or until creamy.
- Add vanilla and remaining 2 Tbsp. grapefruit juice and 1 Tbsp. zest, and beat until blended. Gradually add powdered sugar, beating at low speed until blended.
- Spread frosting over top of cooled cake.

Nutrition Facts



■ PROTEIN 3.33% ■ FAT 43.98% ■ CARBS 52.69%

Properties

Glycemic Index:28.59, Glycemic Load:35.71, Inflammation Score:-6, Nutrition Score:8.7665217855702%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 680.64kcal (34.03%), Fat: 34.08g (52.43%), Saturated Fat: 17.22g (107.62%), Carbohydrates: 91.88g (30.63%), Net Carbohydrates: 90.15g (32.78%), Sugar: 73.32g (81.46%), Cholesterol: 102.03mg (34.01%), Sodium: 423.4mg (18.41%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 5.8g (11.61%), Manganese: 0.54mg (27.05%), Vitamin A: 1146.85IU (22.94%), Selenium: 12.62µg (18.02%), Vitamin B1: 0.24mg (16.04%), Vitamin B2: 0.24mg (14.16%), Folate: 49.44µg (12.36%), Phosphorus: 100.01mg (10%), Vitamin C: 6.49mg (7.87%), Iron: 1.41mg (7.86%), Copper: 0.15mg (7.65%), Vitamin B3: 1.41mg (7.07%), Fiber: 1.73g (6.91%), Vitamin E: 1.02mg (6.82%), Calcium: 55.24mg (5.52%), Zinc: 0.8mg (5.36%), Vitamin B5: 0.52mg (5.23%), Magnesium: 20.68mg (5.17%), Potassium: 141.71mg (4.05%), Vitamin B12: 0.2µg (3.37%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 3.02µg (2.87%), Vitamin D: 0.3µg (1.98%)