



Peanut Butter Sheet Cake with Chocolate Frosting

READY IN



100 min.

SERVINGS



12

CALORIES



493 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1.3 cups water
- 0.3 cup peanut butter
- 0.3 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla
- 0.5 cup butter
- 0.3 cup cocoa powder unsweetened

- 0.3 cup milk
- 1 teaspoon vanilla
- 3.8 cups powdered sugar

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with baking spray with flour.
- In large bowl, beat all cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.
- In 2-quart saucepan, heat butter, cocoa and milk to boiling over medium heat.
- Remove from heat; stir in 1 teaspoon vanilla. Gradually add powdered sugar, beating until mixture is blended and smooth.
- Pour frosting over warm cake.
- Cool completely in pan on cooling rack, about 1 hour.
- Cut into 4 rows by 3 rows.

Nutrition Facts

 PROTEIN 4.11%  FAT 35.71%  CARBS 60.18%

Properties

Glycemic Index:8.5, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:7.4982609282369%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 493.34kcal (24.67%), Fat: 20.04g (30.83%), Saturated Fat: 7.79g (48.69%), Carbohydrates: 75.97g (25.32%), Net Carbohydrates: 74.45g (27.07%), Sugar: 56.48g (62.76%), Cholesterol: 61.87mg (20.62%), Sodium: 425.26mg (18.49%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.19g (10.38%), Phosphorus: 200.23mg (20.02%), Manganese: 0.26mg (13.12%), Vitamin E: 1.88mg (12.56%), Vitamin K: 13.16µg (12.54%), Calcium: 112.63mg (11.26%), Vitamin B2: 0.19mg (10.93%), Folate: 41.49µg (10.37%), Vitamin B3: 2.01mg (10.05%), Iron: 1.49mg (8.27%), Selenium: 5.64µg (8.05%), Vitamin B1: 0.12mg (7.91%), Copper: 0.14mg (7.22%), Magnesium: 27.82mg (6.96%), Fiber: 1.52g (6.1%), Vitamin A: 304IU (6.08%), Vitamin B6: 0.09mg (4.47%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.6mg (3.99%), Potassium: 114.71mg (3.28%), Vitamin B12: 0.18µg (3.08%), Vitamin D: 0.28µg (1.84%)