



Quick Double-Chocolate Sheet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 5.5 tablespoons butter softened
- ☐ 1.7 cups confectioners' sugar
- ☐ 4 large eggs
- ☐ 3.5 ounces raspberries fresh
- ☐ 1.7 cups less 1 tablespoon self-rising flour
- ☐ 1 cup caster sugar
- ☐ 1 tablespoon cocoa unsweetened dissolved in 2 tablespoons boiling water to make a paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350°F. Grease and line a 11 x 7 x 2-inch baking pan.
- ☐ In a large bowl, place the softened butter, sugar, eggs, and dissolved cocoa. Sift over the flour and baking powder. Using a hand mixer, beat the mixture until it is pale and creamy, about 2 minutes. Using a metal spoon, fold in the chocolate chips.
- ☐ Turn the mixture into the greased pan and spread it out evenly.
- ☐ Bake for 30 to 35 minutes, or until risen and springy to the touch. Cool slightly before turning out onto a wire rack.
- ☐ Once the cake is cool, in a bowl, place all the frosting ingredients and, using the hand mixer, beat together well.
- ☐ Spread over the cake. Run a fork across the surface of the frosting to create a wavy pattern of lines.
- ☐ (F)
- ☐ Place the frosted cake on a tray or plate and open freeze. Once frozen, place in a box or freezer bag and return to the freezer.(D)
- ☐ Let stand overnight on a wire rack, then sprinkle with your topping of choice.
- ☐ From The Foolproof Freezer Cookbook: Prepare-ahead meals, Stress-free entertaining, Making the Most of Excess Fruits and Vegetables, Feeding the Family the Modern Way by Ghillie James. Text © 2011 Ghillie James; photographs © 2011 Tara Fisher. Published in 2012 by Kyle Books.

Nutrition Facts



 **PROTEIN 6.13%**  **FAT 29.61%**  **CARBS 64.26%**

Properties

Glycemic Index:23.26, Glycemic Load:19.84, Inflammation Score:-2, Nutrition Score:4.6443478542825%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 310.43kcal (15.52%), Fat: 10.36g (15.93%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 49.34g (17.94%), Sugar: 36.1g (40.11%), Cholesterol: 76.29mg (25.43%), Sodium: 84.35mg (3.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.07mg (2.69%), Protein: 4.82g (9.64%), Selenium: 13.03µg (18.61%), Manganese: 0.27mg (13.45%), Copper: 0.16mg (8.25%), Phosphorus: 79.59mg (7.96%), Iron: 1.07mg (5.92%), Vitamin B2: 0.1mg (5.89%), Magnesium: 23.15mg (5.79%), Vitamin A: 254.83IU (5.1%), Fiber: 1.23g (4.93%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.36mg (3.64%), Folate: 13.89µg (3.47%), Vitamin E: 0.44mg (2.95%), Calcium: 29.26mg (2.93%), Vitamin B12: 0.17µg (2.9%), Potassium: 95.82mg (2.74%), Vitamin D: 0.33µg (2.22%), Vitamin B6: 0.04mg (1.91%), Vitamin B1: 0.02mg (1.59%), Vitamin B3: 0.27mg (1.34%), Vitamin K: 1.16µg (1.1%)