



## Sweet Potato Sheet Cake

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



48

CALORIES



426 kcal

DESSERT

### Ingredients

- 2 teaspoons allspice
- 3 tablespoons baking soda
- 16 eggs
- 15 cups flour all-purpose
- 3 tablespoons ground cinnamon
- 2 teaspoons ground cloves
- 4 teaspoons ground nutmeg
- 3 tablespoons kosher salt

- 3 cups orange juice
- 12 cups sweet potatoes cooked mashed
- 4 cups vegetable oil
- 12 cups sugar white

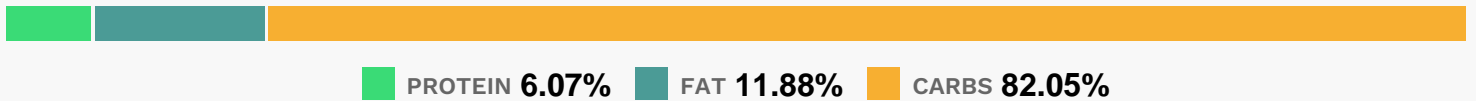
## Equipment

- bowl
- oven
- hand mixer
- toothpicks

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease and lightly flour 2 sheet cake pans.
- Mix flour, salt, baking soda, cinnamon, nutmeg, allspice, and cloves together in a large bowl.
- Beat sugar and sweet potatoes in a bowl using an electric mixer until smooth and creamy.
- Add eggs, oil, and orange juice; beat until well combined.
- Pour flour mixture into potato mixture and beat for 4 minutes, scraping down the sides of the bowl twice.
- Pour batter into prepared sheet cake pans.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 60 to 90 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.19, Glycemic Load:60.64, Inflammation Score:-10, Nutrition Score:13.892173694528%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg,

Naringenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 425.91kcal (21.3%), Fat: 5.7g (8.77%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 88.62g (29.54%), Net Carbohydrates: 86.19g (31.34%), Sugar: 52.81g (58.68%), Cholesterol: 54.56mg (18.19%), Sodium: 682.15mg (29.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.11%), Vitamin A: 4829.61IU (96.59%), Selenium: 18.29µg (26.13%), Manganese: 0.51mg (25.32%), Vitamin B1: 0.35mg (23.55%), Folate: 86.89µg (21.72%), Vitamin B2: 0.29mg (17.35%), Iron: 2.39mg (13.3%), Vitamin B3: 2.58mg (12.88%), Vitamin C: 8.6mg (10.43%), Fiber: 2.43g (9.72%), Phosphorus: 90.35mg (9.03%), Vitamin K: 7.73µg (7.36%), Vitamin B5: 0.69mg (6.94%), Copper: 0.13mg (6.59%), Potassium: 210.64mg (6.02%), Vitamin B6: 0.12mg (5.97%), Magnesium: 21.32mg (5.33%), Zinc: 0.59mg (3.95%), Vitamin E: 0.59mg (3.91%), Calcium: 32.92mg (3.29%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)