

Texas Chocolate Sheet Cake

READY IN



105 min.

SERVINGS



20

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 16 ounce confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 6 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 2 cups sugar white

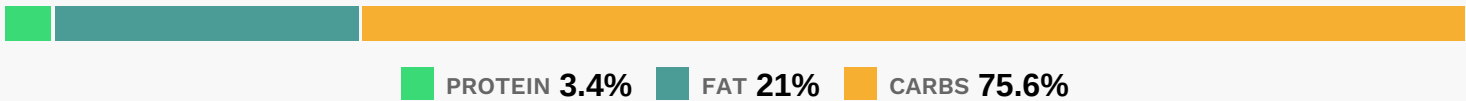
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 15 1/2x10 1/2-inch jelly roll pan.
- ☐ Bring water, 1 cup margarine, and 1/4 cup cocoa powder to a boil in a large saucepan; remove from heat and stir in flour, white sugar, and salt. Beat eggs, sour cream, and baking soda in a bowl; stir into flour mixture until just blended.
- ☐ Pour batter into prepared jelly roll pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 22 minutes.
- ☐ Meanwhile, bring 1/2 cup margarine, milk, 1/4 cup cocoa powder, and vanilla extract to a boil in another saucepan; remove from heat and stir in confectioner's sugar until icing is smooth.
- ☐ Spread icing over cake immediately after removing from oven. Allow cake to cool before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:20.94, Inflammation Score:-3, Nutrition Score:3.2339130769605%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 274.93kcal (13.75%), Fat: 6.58g (10.12%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 52.56g (19.11%), Sugar: 42.65g (47.39%), Cholesterol: 20.3mg (6.77%), Sodium: 177.85mg (7.73%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 2.4g (4.79%), Selenium: 6.3µg (9%), Vitamin B1: 0.1mg (7%), Manganese: 0.13mg (6.54%), Vitamin B2: 0.11mg (6.51%), Folate: 25.69µg (6.42%), Vitamin A: 269.87IU (5.4%), Iron: 0.83mg (4.64%), Phosphorus: 40.33mg (4.03%), Vitamin B3: 0.78mg (3.88%), Copper: 0.07mg (3.4%), Fiber: 0.74g (2.94%), Magnesium: 10.07mg (2.52%), Calcium: 19.6mg (1.96%), Zinc: 0.26mg (1.74%), Vitamin E: 0.25mg (1.7%), Vitamin B5: 0.17mg (1.66%), Potassium: 53.27mg (1.52%), Vitamin B12: 0.08µg (1.35%)