



Texas Sheet Cake

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



395 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 pound powdered sugar
- 2 large eggs at room temperature
- 2 cups flour all-purpose sifted
- 0.3 cup milk
- 0.5 teaspoon salt
- 0.5 cup cream sour at room temperature
- 2 cups sugar

- 24 tablespoons butter unsalted
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- skewers

Directions

- Preheat oven to 375F. Mist a 15-by-11-inch sheet pan with cooking spray.
- Combine 16 Tbsp. butter, 5 Tbsp. cocoa and 1 cup water in a medium saucepan. Bring to a boil over medium-high heat, stirring.
- Remove from heat.
- In a large bowl, combine flour, sugar, baking soda and salt. Stir in cocoa mixture, then sour cream and eggs.
- Spread batter evenly in pan.
- Bake until a skewer comes out clean, about 22 minutes.
- To make icing, combine 8 Tbsp. butter, milk and 1/4 cup cocoa in a small saucepan. Bring to a boil over medium-high heat, stirring.
- Remove from heat; add vanilla. Gradually whisk in confectioners' sugar.
- Smooth icing onto hot cake; sprinkle with nuts. Cool on a wire rack.
- Cut into 24 pieces and serve, or chill in an airtight container.

Nutrition Facts



■ PROTEIN 3.53% ■ FAT 43.11% ■ CARBS 53.36%

Properties

Glycemic Index:10.15, Glycemic Load:21, Inflammation Score:-4, Nutrition Score:5.4734781786152%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 395.28kcal (19.76%), Fat: 19.61g (30.17%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 53.09g (19.31%), Sugar: 42.76g (47.51%), Cholesterol: 58.48mg (19.49%), Sodium: 126.24mg (5.49%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.95mg (1.65%), Protein: 3.62g (7.23%), Manganese: 0.37mg (18.63%), Copper: 0.2mg (10.15%), Selenium: 7.06µg (10.09%), Vitamin A: 488.77IU (9.78%), Vitamin B1: 0.13mg (8.36%), Folate: 32.49µg (8.12%), Vitamin B2: 0.13mg (7.44%), Phosphorus: 70.92mg (7.09%), Iron: 1.17mg (6.49%), Magnesium: 24.62mg (6.16%), Fiber: 1.52g (6.1%), Vitamin B3: 0.87mg (4.35%), Zinc: 0.53mg (3.54%), Vitamin E: 0.52mg (3.44%), Potassium: 95.71mg (2.73%), Calcium: 27.24mg (2.72%), Vitamin B6: 0.05mg (2.64%), Vitamin D: 0.39µg (2.57%), Vitamin B5: 0.22mg (2.19%), Vitamin B12: 0.1µg (1.69%), Vitamin K: 1.54µg (1.46%)