



Texas Sheet Cake



Vegetarian

READY IN



65 min.

SERVINGS



20

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 6 tablespoons butter
- ☐ 2 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 cups granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup pecans toasted chopped
- ☐ 3 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cocoa unsweetened divided
- ☐ 1 tablespoon vanilla extract divided
- ☐ 0.8 cup water

Equipment

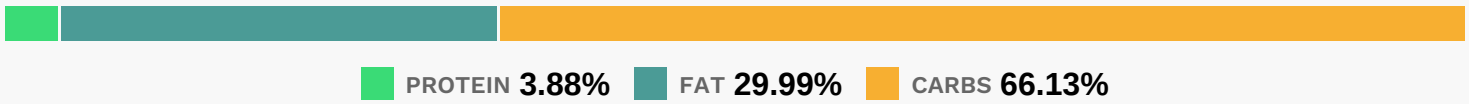
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Coat a 15 x 10-inch jelly-roll pan with cooking spray; dust with 2 teaspoons flour. Set aside.
- ☐ Weigh or lightly spoon 9 ounces (2 cups) flour into dry measuring cups; level with a knife.
- ☐ Combine 9 ounces flour and next 4 ingredients (through salt) in a large bowl.
- ☐ Combine 3/4 cup water, 1/2 cup butter, and 1/4 cup cocoa in a saucepan; bring to a boil, stirring frequently.
- ☐ Pour into flour mixture. Beat with a mixer at medium speed until well blended.
- ☐ Add buttermilk, 1 teaspoon vanilla, and eggs; beat well.
- ☐ Pour batter into prepared pan.

- ☐
- Bake at 375 for 17 minutes or until a wooden pick inserted in center comes out clean.
- ☐
- Place on a wire rack.
- ☐
- Combine 6 tablespoons butter, fat-free milk, and 1/4 cup cocoa in a saucepan. Bring to a boil, stirring constantly.
- ☐
- Remove from heat. Gradually stir in powdered sugar; stir in 2 teaspoons vanilla and pecans.
- ☐
- Spread over hot cake. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:21.05, Inflammation Score:-3, Nutrition Score:4.2326086879424%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg, Epicatechin: 4.23mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 291.43kcal (14.57%), Fat: 10.02g (15.41%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 49.7g (16.57%), Net Carbohydrates: 48.38g (17.59%), Sugar: 38.29g (42.55%), Cholesterol: 40.19mg (13.4%), Sodium: 166.72mg (7.25%), Alcohol: 0.22g (100%), Alcohol %: 0.32% (100%), Caffeine: 4.95mg (1.65%), Protein: 2.92g (5.83%), Manganese: 0.25mg (12.63%), Selenium: 6.73µg (9.62%), Vitamin B1: 0.12mg (7.82%), Vitamin B2: 0.12mg (6.96%), Folate: 27.26µg (6.82%), Copper: 0.13mg (6.27%), Iron: 1.05mg (5.81%), Vitamin A: 285.98IU (5.72%), Phosphorus: 55.35mg (5.54%), Fiber: 1.32g (5.29%), Magnesium: 17.35mg (4.34%), Vitamin B3: 0.83mg (4.16%), Zinc: 0.42mg (2.81%), Calcium: 24.87mg (2.49%), Potassium: 79.16mg (2.26%), Vitamin E: 0.32mg (2.11%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.1µg (1.64%), Vitamin B6: 0.02mg (1.23%)