



Texas Sheet Cake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



292 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 6 tablespoons butter
- 2 large eggs
- 0.3 cup skim milk fat-free
- 2 teaspoons flour all-purpose
- 9 ounces 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 powder unsweetened divided
- 1 tablespoon vanilla extract divided
- 0.8 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- hand mixer
- measuring cup

Directions

- Preheat oven to 37
- Coat a 13 x 9-inch pan with cooking spray, and dust with 2 teaspoons flour. Set aside.
- Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Combine 2 cups flour and next 4 ingredients (through salt) in a large bowl, stirring well with a whisk.
- Combine 3/4 cup water, 1/2 cup butter, and 1/4 cup cocoa in a small saucepan; bring to a boil, stirring frequently.
- Add to flour mixture. Beat at medium speed with an electric mixer until well blended.

- Add buttermilk, 1 teaspoon vanilla, and eggs; beat well.
- Pour batter into the prepared pan.
- Bake at 375 for 22 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 remaining 1/4 cup cocoa in a saucepan; bring to a boil, stirring constantly.
- Remove from heat. Gradually stir in powdered sugar and remaining 2 teaspoons vanilla.
- Spread over hot cake.
- Sprinkle cake with pecans. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:21.19, Inflammation Score:-3, Nutrition Score:4.2665216887127%

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: 292.36kcal (14.62%), Fat: 10.02g (15.42%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 48.57g (17.66%), 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: 2.94g (5.88%), Manganese: 0.25mg (12.72%), Selenium: 6.82µg (9.74%), Vitamin B1: 0.12mg (7.95%), Vitamin B2: 0.12mg (7.04%), Folate: 27.73µg (6.93%), Copper: 0.13mg (6.29%), Iron: 1.06mg (5.87%), Vitamin A: 285.98IU (5.72%), Phosphorus: 55.63mg (5.56%), Fiber: 1.33g (5.32%), Magnesium: 17.4mg (4.35%), Vitamin B3: 0.85mg (4.24%), Zinc: 0.42mg (2.82%), Calcium: 24.91mg (2.49%), Potassium: 79.44mg (2.27%), Vitamin E: 0.32mg (2.11%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.1µg (1.64%), Vitamin B6: 0.02mg (1.23%)