



Texas Sheet Cake



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 0.5 teaspoon cinnamon
- ☐ 4 tablespoons natural cocoa powder unsweetened
- ☐ 3.8 cups confectioners' sugar
- ☐ 2 large eggs
- ☐ 9 oz flour all-purpose
- ☐ 2 cups minus a tablespoon of granulated sugar

- ☐ 7 tablespoons milk
- ☐ 0.3 scant teaspoon salt — omit if using butter salted
- ☐ 0.5 teaspoon salt
- ☐ 4 oz butter unsalted
- ☐ 0.5 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ wooden spoon

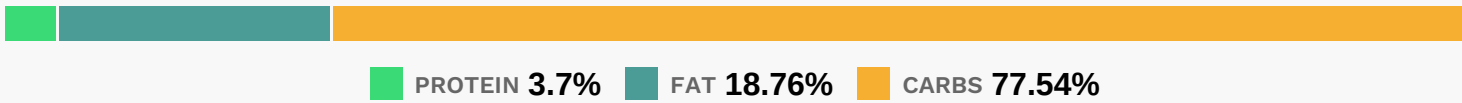
Directions

- ☐ Preheat oven to 375 degrees. Grease a 15×10 inch jelly roll pan.
- ☐ Mix the flour, sugar, salt and cinnamon (if using) in a large mixing bowl and set aside. Melt butter in a medium size saucepan. Stir in the cocoa powder and water and bring to a boil.
- ☐ Pour the boiling cocoa mixture into the bowl with the flour mixture and mix with a spoon until blended. In a second bowl, whisk together the eggs, vanilla, buttermilk and baking soda.
- ☐ Add the egg mixture to the cocoa mixture and stir until blended – do not overbeat. Just do your best to blend the ingredients.
- ☐ Pour batter into the pan and bake for 20 to 25 minutes, or until a toothpick inserted into center of cake comes out clean. As soon as you pull the cake from the oven, start the icing. To get a head start, you might want to sift the sugar while the cake bakes. Icing: Sift the confectioners' sugar into a mixing bowl and set aside. You can skip the sifting step if you

must, but sifting helps it to blend easier and the icing will be smoother.Melt the butter in a saucepan set over medium heat. When butter is almost melted, add the 4 tablespoons cocoa and 7 tablespoons milk and bring just to a boil. As soon as the mixture reaches a good boil, remove from heat.

- ☐ Pour the hot boiling cocoa mixture into the bowl of sifted confectioners’ sugar.
- ☐ Add the vanilla and stir with a wooden spoon until smooth. Work quickly so that icing won’t start to set in the bowl.
- ☐ Pour over the cake and let sit until firm

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:35.32, Inflammation Score:-3, Nutrition Score:5.5813043350759%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 450.12kcal (22.51%), Fat: 9.61g (14.79%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 89.41g (29.8%), Net Carbohydrates: 88.17g (32.06%), Sugar: 71.53g (79.48%), Cholesterol: 53.47mg (17.82%), Sodium: 217.7mg (9.47%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.83mg (1.28%), Protein: 4.26g (8.53%), Selenium: 11.07µg (15.81%), Vitamin B1: 0.18mg (12.11%), Manganese: 0.23mg (11.56%), Vitamin B2: 0.19mg (11.39%), Folate: 44.15µg (11.04%), Iron: 1.42mg (7.87%), Phosphorus: 71.39mg (7.14%), Vitamin B3: 1.32mg (6.62%), Vitamin A: 312.07IU (6.24%), Copper: 0.11mg (5.64%), Fiber: 1.24g (4.94%), Magnesium: 16.54mg (4.14%), Calcium: 36.77mg (3.68%), Vitamin D: 0.53µg (3.56%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.18µg (3.06%), Potassium: 91.02mg (2.6%), Vitamin E: 0.33mg (2.23%), Vitamin B6: 0.04mg (1.75%)