

Texas Sheet Cake II

READY IN



60 min.

SERVINGS



25

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 4 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons milk
- ☐ 0.5 cup shortening
- ☐ 0.5 cup cocoa powder unsweetened

- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup water
- ☐ 2 cups sugar white

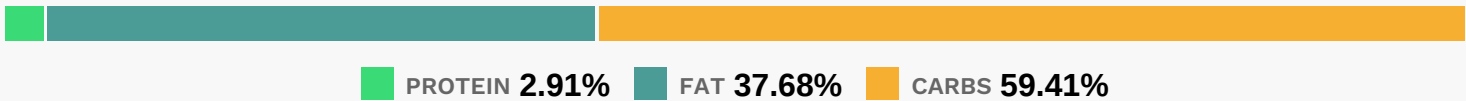
Equipment

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

Directions

- ☐ Sift together and set aside in large bowl the flour and sugar.
- ☐ In saucepan over medium heat bring to a boil; 1/2 cup margarine or butter, 1/2 cup shortening, 1 cup water, and 4 tablespoons cocoa.
- ☐ Pour cocoa mixture over flour and sugar mixture. Stir in buttermilk, eggs, baking soda, and 1/2 teaspoon vanilla.
- ☐ Mix well and pour into a greased and floured sheet pan.
- ☐ Bake in a preheated 400 degrees F (205 degrees C) oven for 20 minutes.
- ☐ To Make Frosting: Five minutes before cake is done, bring to boil in a saucepan 1/2 cup margarine or butter, 6 tablespoons milk, and 4 tablespoons cocoa.
- ☐ Remove from heat and immediately stir in the confectioners' sugar, nuts (if desired), and 1/2 teaspoon vanilla extract. Beat until smooth and immediately pour frosting over cake. Cake may be served warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:16.83, Inflammation Score:-2, Nutrition Score:3.28478261958%

Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 288.82kcal (14.44%), Fat: 12.46g (19.17%), Saturated Fat: 6.11g (38.22%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 43.28g (15.74%), Sugar: 35.26g (39.18%), Cholesterol: 33.58mg (11.19%), Sodium: 115.33mg (5.01%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.96mg (1.32%), Protein: 2.16g (4.33%), Selenium: 5.26µg (7.52%), Manganese: 0.14mg (6.87%), Vitamin B1: 0.09mg (5.79%), Vitamin B2: 0.09mg (5.46%), Folate: 21.02µg (5.25%), Vitamin A: 259.67IU (5.19%), Iron: 0.79mg (4.39%), Copper: 0.09mg (4.38%), Phosphorus: 40.3mg (4.03%), Fiber: 0.91g (3.63%), Vitamin E: 0.51mg (3.41%), Vitamin B3: 0.64mg (3.22%), Magnesium: 12.42mg (3.11%), Vitamin K: 2.93µg (2.79%), Zinc: 0.28mg (1.86%), Calcium: 18.5mg (1.85%), Vitamin B5: 0.17mg (1.72%), Potassium: 56.82mg (1.62%), Vitamin B12: 0.09µg (1.47%), Vitamin D: 0.17µg (1.15%)