

Texas Sheet Cake V



Vegetarian



Popular

READY IN



30 min.

SERVINGS



19

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 4 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 5 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 2 cups sugar white

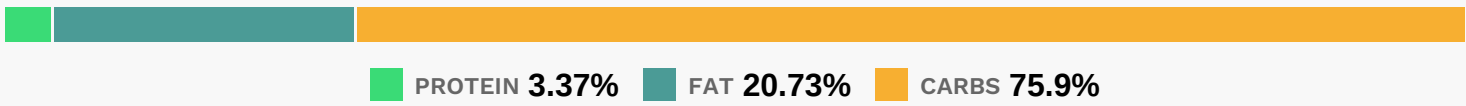
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10x15 inch pan.
- ☐ Combine the flour, sugar, baking soda and salt. Beat in the sour cream and eggs. Set aside. Melt the butter on low in a saucepan, add the water and 5 tablespoons cocoa. Bring mixture to a boil then remove from heat. Allow to cool slightly, then stir cocoa mixture into the egg mixture, mixing until blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 20 minutes, or until a toothpick inserted into the center comes out clean.
- ☐ For the icing: In a large saucepan, combine the milk, 5 tablespoons cocoa and 1/2 cup butter. Bring to a boil, then remove from heat. Stir in the confectioners' sugar and vanilla, then fold in the nuts, mixing until blended.
- ☐ Spread frosting over warm cake.

Nutrition Facts



Properties

Glycemic Index:12.27, Glycemic Load:22.05, Inflammation Score:-2, Nutrition Score:3.4369565070323%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 295.11kcal (14.76%), Fat: 6.99g (10.75%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 56.71g (20.62%), Sugar: 46.26g (51.4%), Cholesterol: 34.21mg (11.4%), Sodium: 169.36mg (7.36%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Caffeine: 3.03mg (1.01%), Protein: 2.55g (5.11%), Selenium: 6.72µg (9.6%), Vitamin B1: 0.11mg (7.36%), Manganese: 0.14mg (7.24%), Vitamin B2: 0.12mg (6.89%), Folate: 27.22µg (6.8%), Iron: 0.91mg (5.04%), Phosphorus: 43.87mg (4.39%), Vitamin A: 219.67IU (4.39%), Vitamin B3: 0.82mg (4.12%), Copper: 0.08mg (3.94%), Fiber: 0.84g (3.37%), Magnesium: 11.46mg (2.87%), Calcium: 20.52mg (2.05%), Zinc: 0.29mg (1.95%), Vitamin B5: 0.18mg (1.77%), Potassium: 57.83mg (1.65%), Vitamin B12: 0.09µg (1.49%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.02mg (1.04%)