

## Texas Sheet Cake V



Vegetarian



Popular

READY IN



30 min.

SERVINGS



19

CALORIES



335 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 walnuts chopped
- ☐ 1 cup water
- ☐ 2 cups sugar white

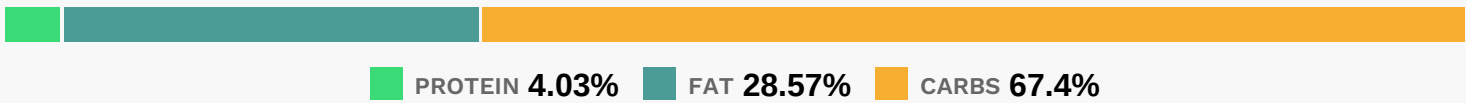
## Equipment

- ☐ 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:13.32, Glycemic Load:22.13, Inflammation Score:-3, Nutrition Score:4.8308696060077%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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: 335.38kcal (16.77%), Fat: 11g (16.93%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 57.14g (20.78%), Sugar: 46.42g (51.58%), Cholesterol: 34.21mg (11.4%), Sodium: 169.48mg (7.37%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.03mg (1.01%), Protein: 3.49g (6.98%), Manganese: 0.36mg (17.76%), Selenium: 7.02µg (10.03%), Copper: 0.18mg (8.83%), Vitamin B1: 0.13mg (8.76%), Folate: 33.25µg (8.31%), Vitamin B2: 0.13mg (7.43%), Phosphorus: 65.18mg (6.52%), Iron: 1.09mg (6.03%), Magnesium: 21.19mg (5.3%), Fiber: 1.25g (5.02%), Vitamin B3: 0.89mg (4.46%), Vitamin A: 220.91IU (4.42%), Zinc: 0.48mg (3.22%), Vitamin B6: 0.05mg (2.69%), Calcium: 26.56mg (2.66%), Potassium: 84.98mg (2.43%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.26mg (1.77%), Vitamin B12: 0.09µg (1.49%)