



Triple Chocolate Sheet Cake

READY IN



75 min.

SERVINGS



24

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix
- ☐ 0.5 cup cream sour
- ☐ 1 cups water
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 tablespoons vegetable oil softened
- ☐ 3 eggs
- ☐ 16 oz chocolate frosting
- ☐ 0.8 cup pecans chopped

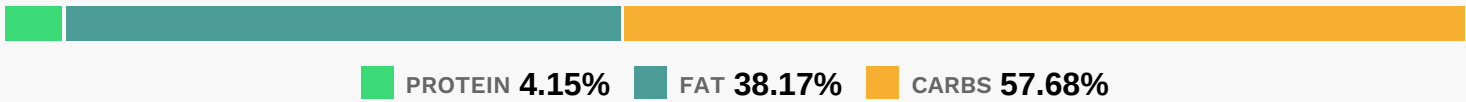
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 15x10x1-inch pan with baking spray with flour.
- ☐ In large bowl, beat cake mix, sour cream, water, cocoa, butter and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool about 45 minutes.
- ☐ Spoon frosting into small microwavable bowl. Microwave uncovered on High 20 to 30 seconds, stirring once, until pourable.
- ☐ Spread frosting over cake; sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.9017391765247%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 206.16kcal (10.31%), Fat: 9.02g (13.88%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 29.76g (10.82%), Sugar: 20.56g (22.84%), Cholesterol: 23.29mg (7.76%), Sodium: 201.29mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Manganese: 0.26mg (12.89%), Phosphorus: 108.74mg (10.87%), Copper: 0.12mg (5.82%), Calcium: 58.1mg (5.81%), Vitamin B2: 0.09mg (5.39%), Iron: 0.96mg (5.34%), Vitamin B1: 0.08mg (5.21%), Vitamin E: 0.71mg (4.73%), Folate: 18.59µg (4.65%), Selenium: 2.85µg (4.07%), Fiber: 0.91g (3.64%), Magnesium: 13.56mg (3.39%), Vitamin B3: 0.58mg (2.89%), Vitamin K: 2.93µg (2.79%), Zinc: 0.38mg (2.56%), Potassium: 81.05mg (2.32%), Vitamin B5: 0.21mg (2.15%), Vitamin B6: 0.04mg (1.82%), Vitamin B12: 0.08µg (1.34%), Vitamin A: 61.65IU (1.23%)