

THIS WEEK'S RECIPE

As seen on hdnews.net



Chocolate Sheet Cake

- 2 cups flour
- 1½ cups sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2/3 cup margarine
- ¼ cup cocoa
- 1 cup water
- ½ cup buttermilk
- 1 teaspoon vanilla
- 2 eggs



Frosting:

- 2 Tablespoons margarine
- 2 Tablespoons cocoa
- 3 Tablespoons buttermilk
- 1¾ cups powdered sugar
- 1 teaspoon vanilla

Cake Directions:

- 1) Lightly grease and flour sheet cake or jellyroll pan. Preheat oven to 350 degrees F.
- 2) Combine flour, sugar, baking soda and salt.
- 3) In saucepan, combine margarine, cocoa and water. Bring to a boil, while stirring. Pour hot mixture over dry ingredients and stir well.
- 4) Add buttermilk, vanilla and eggs and mix well. Pour into baking pan and bake 15-20 minutes. Cool, then frost.

Frosting Directions:

Bring all ingredients, except powdered sugar, to a boil in saucepan. Add powdered sugar. Stir well and spread over cake while frosting is hot.



Nutrition Facts

Serving Size (62g)
Servings Per Container 24

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 7g	10%
Saturated Fat 2.5g	13%
Cholesterol 20mg	6%
Sodium 180mg	8%
Total Carbohydrate 31g	10%
Dietary Fiber less than 1g	2%
Sugars 22g	

Protein 2g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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