

## **Buttermilk Chocolate Sheet Cake**

Ingredients	24 Servings		48 Servings		Directions	
ingredients	Weight	Measure	Weight	Measure	Directions	
Flour, whole wheat Sugar, granulated	10.5 oz 7 oz	2 ½ cups 1 cup	15.8 oz 10.7 oz	3 <sup>3</sup> ⁄ <sub>4</sub> cups 1 <sup>1</sup> ⁄ <sub>2</sub> cups	1. Preheat conventional oven to 350° F; convection oven to 325° F.	
Cinnamon, ground	1 02	2 tsp		1 Tbsp	<ol> <li>Line pan(s) with parchment paper or grease and flour pan bottom. For 24 servings, use one 10 x 15" pan; for 48 servings, use one 13 x 18 x 1" half</li> </ol>	
					<ul> <li>sheet pan.</li> <li>3. In a large mixing bowl, mix flour, sugar, and cinnamon well with beater or whisk attachment.</li> </ul>	
Cocoa, unsweetened** Water Oil, vegetable	8 oz 2.6 oz	¼ cup 1 cup ⅓ cup	1.25 oz 12 oz 4 oz	⅔ cup 1 ½ cups ½ cup	4. Combine cocoa, water, and vegetable oil in a microwave safe bowl. Place in the microwave and bring to a boil.	
Buttermilk, lowfat Baking soda Salt	8 oz	1 cup 1 ¼ tsp ⅓ tsp	13 oz	1 ½ cups 2 tsp ¼ tsp	<ol> <li>Pour hot cocoa mixture into flour mixture and blend on medium speed for 1 minute.</li> <li>Dissolve baking soda in buttermilk and stir into</li> </ol>	
Eggs, whole, large Vanilla extract	3.5 oz	2 each 1 tsp	5.3 oz	3 each 2 tsp	<ol> <li>Dissolve baking soda in butternink and stirinto chocolate mixture.</li> <li>Add eggs and vanilla and beat on low speed an additional 2 minutes or until well combined.</li> <li>Pour batter (it will be thin) into the prepared sheet pan. Place pan on center rack of oven and bake 20-22 minutes or until toothpick inserted in center comes out clean.</li> <li>Cool cake on wire cooling rack.</li> </ol>	
Dark Chocolate Drizzle Ingredients: Cocoa, unsweetened** Butter Milk, 1% Sugar, powdered	3.25 oz	2 Tbsp 2 Tbsp 2 Tbsp 3¼ cup	1 oz 1 oz 3.25 oz	2 Tbsp 2 Tbsp 2 Tbsp 3¼ cup	<ol> <li>Obtice the off while cooling facts.</li> <li>While cake is baking, combine cocoa, butter, and milk in a microwave safe bowl and heat in microwave until mixture begins to boil.</li> <li>Combine powdered sugar with hot cocoa mixture until very smooth. If icing is too thick to drizzle, thin slightly with milk or water.</li> <li>When cake is out of oven but still warm, drizzle cake with icing.</li> <li>Cut 10 x 15" pan into 24 pieces (4x6) or 13 x 18" pan in to 48 pieces (4x12)</li> <li>white vinegar. Let stand 5 minutes.</li> </ol>	

\*\*Natural baking cocoa was used in recipe testing. Dutch-process (alkaline-treated) baking cocoa will produce a darker, deeper flavored result.

Serving Size – 1 piece (1.5 oz/42 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 9 grams whole grain per serving

Nutrition Serving Size (42g) Servings Per Contain		sts					
Amount Per Serving							
Calories 100 Cal	ories from I	at 25					
	% Daily	Value*					
Total Fat 3g	<b>5</b> %						
Saturated Fat 0.5g	3%						
Trans Fat 0g							
Cholesterol 15mg 5%							
Sodium 75mg							
Sodium 75mg3%Total Carbohydrate 17g6%							
Dietary Fiber 1g 4							
Sugars 9g							
Protein 2g							
Protein 29							
Vitamin A 0% •	Vitamin C (	)%					
Calcium 2% •	Iron 2%						
*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       Saturated Fat     Less than       Cholesterol     Less than       Sodium     Less than       Total Carbohydrate     Dietary Fiber       Calories per gram:     Fat 9 • Carbohydrate	20g 2 300mg 3 2,400mg 2 300g 3 25g 3	0g 5g 00 mg ,400mg 75g 0g					

## Ingredients by weight:

Whole wheat flour, buttermilk (1%), water, granulated sugar, eggs, vegetable oil, powdered sugar, milk (1%), cocoa, butter, vanilla, baking soda, cinnamon, salt



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Kansas Wheat Commission (<u>www.kswheat.com</u>) and Stafford County Flour Milling Company (<u>www.hudsoncream.com</u>), Whole Wheat Chocolate Sheet Cake

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

