

# Chocolate Sheet Cake

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

## Servings: 20

1 1/4 cups margarine or butter,  
divided  
1/2 cup cocoa, divided  
1 cup water  
2 cups unsifted flour  
1 1/2 cups brown sugar  
1 teaspoon soda  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1 can (14 ounce) sweetened condensed  
milk, divided  
2 eggs  
1 teaspoon vanilla  
1 cup confectioner's sugar  
1 cup nuts, chopped

Preheat the oven to 350 degrees.

In a small saucepan, melt one cup of the margarine. Stir in 1/4 cup of cocoa and then the water. Bring to a boil. Remove from the heat.

In a large mixer bowl, combine the flour, brown sugar, baking soda, cinnamon and salt. Add the cocoa mixture and mix well.

Stir in 1/3 cup of the condensed milk, eggs and vanilla. Pour into a greased 15x10-inch jellyroll pan.

Bake for 15 minutes or until the cake springs back when lightly touched.

In a small saucepan, melt the remaining margarine. Stir in the remaining cocoa and condensed milk. Stir in the confectioner's sugar and nuts. Spread on the warm cake.

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Per Serving (excluding unknown items): 317 Calories; 18g Fat (48.6% calories from fat); 5g Protein; 37g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 203mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	317	Vitamin B6 (mg):	trace
% Calories from Fat:	48.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.4%	Thiamin B1 (mg):	.2mg

<b>% Calories from Protein:</b>	5.9%
<b>Total Fat (g):</b>	18g
<b>Saturated Fat (g):</b>	9g
<b>Monounsaturated Fat (g):</b>	6g
<b>Polyunsaturated Fat (g):</b>	2g
<b>Cholesterol (mg):</b>	57mg
<b>Carbohydrate (g):</b>	37g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	203mg
<b>Potassium (mg):</b>	193mg
<b>Calcium (mg):</b>	73mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	510IU
<b>Vitamin A (r.e.):</b>	129 1/2RE

<b>Riboflavin B2 (mg):</b>	.2mg
<b>Folacin (mcg):</b>	14mcg
<b>Niacin (mg):</b>	1mg
<b>Caffeine (mg):</b>	5mg
<b>Alcohol (kcal):</b>	1
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3 1/2
<b>Other Carbohydrates:</b>	1 1/2

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## Nutrition Facts

Servings per Recipe: 20

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### Amount Per Serving

<b>Calories</b> 317	Calories from Fat: 154
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### % Daily Values\*

<b>Total Fat</b> 18g	27%
Saturated Fat 9g	45%
<b>Cholesterol</b> 57mg	19%
<b>Sodium</b> 203mg	8%
<b>Total Carbohydrates</b> 37g	12%
Dietary Fiber 2g	7%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	1%
<b>Calcium</b>	7%
<b>Iron</b>	8%

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\* Percent Daily Values are based on a 2000 calorie diet.