

Buttermilk Chocolate Sheet Cake

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat Sugar, granulated Cinnamon, ground	10.5 oz 7 oz	2 ½ cups 1 cup 2 tsp	15.8 oz 10.7 oz	3 ¾ cups 1 ½ cups 1 Tbsp	<ol style="list-style-type: none"> Preheat conventional oven to 350° F; convection oven to 325° F. 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 sheet pan. In a large mixing bowl, mix flour, sugar, and cinnamon well with beater or whisk attachment.
Cocoa, unsweetened** Water Oil, vegetable Buttermilk, lowfat Baking soda Salt Eggs, whole, large Vanilla extract	8 oz 2.6 oz 8 oz	¼ cup 1 cup ⅓ cup 1 cup 1 ¼ tsp ⅛ tsp	1.25 oz 12 oz 4 oz 13 oz	⅜ cup 1 ½ cups ½ cup 1 ½ cups 2 tsp ¼ tsp	
Dark Chocolate Drizzle Ingredients: Cocoa, unsweetened** Butter Milk, 1% Sugar, powdered	3.25 oz	2 Tbsp 2 Tbsp 2 Tbsp ¾ cup	1 oz 1 oz 3.25 oz	2 Tbsp 2 Tbsp 2 Tbsp ¾ cup	

*Substitute option for buttermilk: Whisk 1 cup + 3 Tbsp of lowfat (1%) milk with 1 Tbsp white vinegar. Let stand 5 minutes.

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

Buttermilk Chocolate Sheet Cake, cont.

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 Facts

Serving Size (42g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
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 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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 (www.kswheat.com) and Stafford County Flour Milling Company (www.hudsoncream.com), Whole Wheat Chocolate Sheet Cake

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

