Grandma Carter's Fudge Sheet Cake

DESSERTS

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
1 half sheet pan, 24 squares	25 min	≈1 h 30 min (incl. cooling)	400 °F (204 °C)	292 kcal · 152 mg Na · 2 g protein

EQUIPMENT
Half sheet pan, 13 × 18 in · Saucepan · Large mixing bowl

#	INGREDIENT	MASS	VOLUME	PROCEDURE
CAKE				
1				Preheat the oven to 400 °F (204 °C). Grease the half sheet pan, including the sides. Dust it with flour and tap out the extra.
2	Flour, all-purpose	250 g	2 cups	Whisk the flour, sugar, baking soda, salt and cinnamon together in the large bowl. Leave them in the bowl.
	Granulated sugar	400 g	2 cups	
	Baking soda	4.6 g	1 tsp	
	Kosher salt, Morton	4.8 g	1 tsp	
	Cinnamon, ground	2.6 g	1 tsp	
3	Butter, unsalted	226 g	2 sticks	Put the butter, cocoa and water in the saucepan. Bring to a boil, stirring, until the butter has melted. Pour it over the dry ingredients in the bowl and stir until smooth.
	Cocoa powder, unsweetened	32 g	4 heaping tbsp	
	Water	237 g	1 cup	
4	Eggs	100 g	2 large	Add the eggs, buttermilk and vanilla to the bowl and mix until smooth. The batter will be thin. Pour it into the pan and tilt the pan so it reaches the corners.
	Buttermilk	82 g	⅓ cup	
	Vanilla extract	4.2 g	1 tsp	
5				Bake until a toothpick in the center comes out clean, ≈15 min. Let the cake cool completely in the pan before icing it.
ICING				
6	Butter, unsalted	113 g	1 stick	Rinse the saucepan. Put in the butter, cocoa and buttermilk and bring to a boil, stirring.
	Cocoa powder, unsweetened	21.6 g	4 tbsp	
	Buttermilk	92 g	6 tbsp	
7	Powdered sugar*, or more*	454 g	1 box (1 lb)	Take the pan off the heat and whisk in the powdered sugar until smooth, adding a little more if the icing is too runny. Stir in the nuts, if using. Spread over the cooled cake right away, because it sets quickly. Cut 4 × 6 once set.
	Nuts, chopped (optional)*, pecans or walnuts*		½ cup	

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Flour, all-purpose	250 g	910	5	26
Granulated sugar	400 g	1,548	4	—
Baking soda	4.6 g	—	1,259	—
Kosher salt, Morton	4.8 g	—	1,920	—
Cinnamon, ground	2.6 g	6	0	0
Butter, unsalted	339 g	2,431	37	3
Cocoa powder, unsweetened	54 g	122	11	11
Eggs	100 g	143	142	13
Buttermilk	174 g	70	258	6
Vanilla extract	4.2 g	12	0	—
Powdered sugar	454 g	1,766	9	—
Total		**7,008**	**3,645**	**58**
Per serving (1/24)		**292**	**152**	**2**

Nutrition: USDA FoodData Central: SR Legacy (flour, sugar, powdered sugar, baking soda, cinnamon, unsalted butter, cocoa, eggs, buttermilk, vanilla) and Morton's label. Heaping tbsp taken as 1½ level (8 g). Water and nuts not counted.

NOTES

- Pan: the card says "11 × 7 cookie sheet pan with 1 in sides", which can't hold this batter. She almost certainly meant 11 × 17, and the half sheet is the closest pan.
- Nuts are optional, and the card gives no amount. ½ cup of pecans adds 377 kcal and 5 g protein. ½ cup of walnuts adds 383 kcal and 9 g protein.
- The card allows butter or margarine in the icing.