

Chocoleana Cake (Choc-o-LEAN-a)

Desserts

C-31

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	2 lb	1 qt	4 lb	2 qt	1. Dry ingredients: Blend sugar, flour, cocoa, dry milk, baking powder, baking soda, and salt in mixer with paddle attachment for 2 minutes on low speed.
Enriched all-purpose flour	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	
Cocoa	5 oz	1 ½ cups	10 oz	2 ¾ cups	
Instant nonfat dry milk	3 oz	1 cup	6 oz	2 cups	
Baking powder		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	
Baking soda		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup	2. In a separate large bowl using a wire whip, mix yogurt, applesauce, egg whites, vanilla, vegetable oil, and water until blended.
Canned unsweetened applesauce	1 lb	2 cups	2 lb	1 qt	
Frozen egg whites, thawed OR Fresh large egg whites	1 lb	2 cups OR 13 each	2 lb	1 qt OR 26 each	
Vanilla		1 ½ tsp		1 Tbsp	
Vegetable oil		1 cup		2 cups	
Water		1 cup		2 cups	
					3. Slowly add liquid mixture to the dry ingredients. Mix for 1 minute on low speed. Scrape down sides of bowl.
					4. Mix for 1 minute on medium speed until smooth.
					5. Pour 7 lb 2 oz (about 3 qt 1 cup) batter into a sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and floured. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					6. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes When done, cake will spring back when lightly touched.
					7. Cut each cake 5 x 10 (50 pieces per pan).

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SERVING:	YIELD:	VOLUME:
1 piece or 1 cupcake. For Enhanced Meal Pattern only: 1 piece or 1 cupcake provides ¾ serving of grains/breads.	50 Servings: about 7 lb 6 oz (batter) about 6 lb 12 oz 1 sheet pan	50 Servings: 3 quarts 1 cup (batter) 50 pieces
	100 Servings: about 14 lb 12 oz (batter) about 13 lb 8 oz 2 sheet pans	100 Servings: 1 gallon 2 ½ quarts (batter) 100 pieces

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Special Tips:

- 1) Cake may be lightly dusted with powdered sugar.
- 2) Cupcakes can be made for a special occasion. Using a No. 16 scoop (¼ cup), portion into muffin tins which have been paper lined or lightly coated with pan release spray. Bake in a 375° F conventional oven for 10-15 minutes. Three quarts 1 cup of batter makes approximately 50 cupcakes.

Nutrients Per Serving					
Calories	189	Saturated Fat	0.89 g	Iron	1.21 mg
Protein	3.77 g	Cholesterol	0 mg	Calcium	73 mg
Carbohydrate	34.07 g	Vitamin A	43 IU	Sodium	245 mg
Total Fat	4.96 g	Vitamin C	0.3 mg	Dietary Fiber	1.5 g