



## B. Smith's Red Velvet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



508 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk at room temperature
- ☐ 2.3 cups cake flour white sifted (, then measured 225 grams weigh)
- ☐ 2 tablespoons natural cocoa powder dark unsweetened (don't use Dutch or )
- ☐ 16 ounce cream cheese room temperature
- ☐ 2 large eggs room temperature
- ☐ 1.5 cups granulated sugar
- ☐ 2.5 cups powdered sugar

- ☐ 2 tablespoons food coloring red generous (1 oz bottle)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vinegar white

## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ skewers

## Directions

- ☐ Preheat oven to 350 degrees. Spray two 9-inch round pans with flour added cooking spray or rub with shortening and dust with flour.Sift together cake flour, cocoa, baking powder, baking soda and salt; set aside.
- ☐ Mix buttermilk, food coloring, vanilla and vinegar in small bowl or large glass measure; set aside.Beat sugar and butter in large bowl, using an electric mixer, until light and creamy.
- ☐ Add eggs 1 at a time, beating until well blended after each addition.
- ☐ Add 1/3 of the flour mixture and stir until blended. Stir in half of the buttermilk, then another third of the flour mixture. Stir in remaining buttermilk and finally, remaining flour mixture. Stir vigorously until lumps are gone or beat on low speed of mixer.Divide batter between pans and bake cakes on center rack for 25–28 minutes or until a wooden skewer inserted in center comes out clean.Cool in pans on racks 10 minutes. Turn cakes out onto racks; cool completely.For Frosting:Beat cream cheese and butter in large bowl until smooth. Beat in vanilla.
- ☐ Add powdered sugar and beat until smooth.

## Nutrition Facts



 PROTEIN **5.49%**  FAT **39.66%**  CARBS **54.85%**

## Properties

Glycemic Index:28.09, Glycemic Load:29.42, Inflammation Score:-5, Nutrition Score:5.9973913223847%

## Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 507.81kcal (25.39%), Fat: 22.71g (34.94%), Saturated Fat: 13.26g (82.87%), Carbohydrates: 70.69g (23.56%), Net Carbohydrates: 69.82g (25.39%), Sugar: 52.06g (57.84%), Cholesterol: 91.71mg (30.57%), Sodium: 377.49mg (16.41%), Alcohol: 0.37g (100%), Alcohol %: 0.31% (100%), Protein: 7.07g (14.14%), Selenium: 16.37µg (23.39%), Vitamin A: 822.48IU (16.45%), Manganese: 0.23mg (11.51%), Phosphorus: 112.45mg (11.25%), Vitamin B2: 0.19mg (11.13%), Calcium: 91.48mg (9.15%), Vitamin B5: 0.53mg (5.35%), Vitamin E: 0.74mg (4.94%), Copper: 0.1mg (4.9%), Vitamin B12: 0.27µg (4.42%), Zinc: 0.64mg (4.29%), Magnesium: 16.84mg (4.21%), Folate: 16.6µg (4.15%), Vitamin D: 0.57µg (3.79%), Potassium: 129.47mg (3.7%), Fiber: 0.87g (3.49%), Iron: 0.59mg (3.27%), Vitamin B1: 0.04mg (2.76%), Vitamin B6: 0.05mg (2.64%), Vitamin B3: 0.32mg (1.6%), Vitamin K: 1.63µg (1.55%)