



Black Velvet Cake

READY IN



125 min.

SERVINGS



16

CALORIES



464 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons cocoa powder dark unsweetened
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon salt
- ☐ 1.5 cups vegetable oil
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 1 oz purple gel food coloring black

- ☐ 1 teaspoon vinegar white
- ☐ 1 teaspoon vanilla
- ☐ 36 oz cream cheese frosting
- ☐ 1 serving licorice rounds black
- ☐ 1 serving gourmet jelly beans black

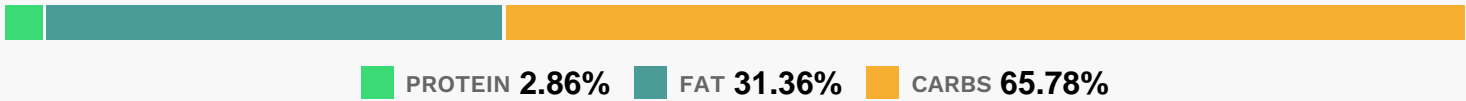
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease 3 (8- or 9-inch) round cake pans with shortening; lightly flour.
- ☐ In large bowl, mix flour, sugar, cocoa, baking soda and salt. In another large bowl, beat oil, buttermilk, eggs, food color, vinegar and vanilla with electric mixer on low speed just until blended. Gradually add flour mixture; beat 2 minutes on medium speed, scraping bowl occasionally.
- ☐ Pour into pans.
- ☐ Bake 23 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 1 hour.
- ☐ Brush off all loose crumbs from cake layers.
- ☐ Place 1 cake layer, rounded side down, on serving plate; spread with 1 cup frosting. Top with second cake layer, rounded side up.
- ☐ Spread with 1 cup frosting. Top with third cake layer.
- ☐ Spread very thin layer of frosting on side to seal in crumbs.
- ☐ Spread remaining frosting on side and top of cake.
- ☐ Cut licorice into pieces. Pile licorice on top of cake. Decorate bottom edge of cake with jelly beans.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:24.1, Inflammation Score:-2, Nutrition Score:4.5565217111422%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 463.94kcal (23.2%), Fat: 16.48g (25.35%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 77.79g (25.93%), Net Carbohydrates: 77.03g (28.01%), Sugar: 60.16g (66.84%), Cholesterol: 22.1mg (7.37%), Sodium: 360.2mg (15.66%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.38g (6.76%), Selenium: 9.39µg (13.41%), Vitamin B1: 0.16mg (10.87%), Folate: 39.28µg (9.82%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.17mg (8.48%), Vitamin K: 7.65µg (7.29%), Iron: 1.21mg (6.71%), Vitamin B3: 1.19mg (5.96%), Phosphorus: 51.26mg (5.13%), Copper: 0.07mg (3.7%), Fiber: 0.76g (3.03%), Vitamin E: 0.41mg (2.77%), Magnesium: 10.89mg (2.72%), Calcium: 26.3mg (2.63%), Potassium: 81.37mg (2.32%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.32mg (2.15%), Vitamin D: 0.31µg (2.03%), Vitamin B12: 0.12µg (1.97%), Vitamin B6: 0.02mg (1.21%), Vitamin A: 54.45IU (1.09%)