



Classic Red Velvet Cake

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



606 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1.5 cups vegetable oil
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon vanilla

- ☐ 1 oz food coloring red
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1.5 cups sugar
- ☐ 1.5 cups butter softened
- ☐ 1 tablespoon vanilla

Equipment

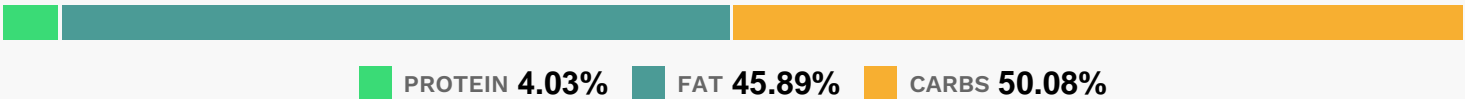
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottoms and sides of 3 (8- or 9-inch) round pans with shortening; lightly flour.
- ☐ In large bowl, beat all cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat 2 minutes on medium speed, scraping bowl occasionally.
- ☐ Pour into pans.
- ☐ Bake 25 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- ☐ In medium saucepan, mix 1/2 cup flour and 1 1/2 cups milk with whisk until smooth. Cook over medium heat until mixture is very thick, stirring constantly.
- ☐ Remove from heat; cool 10 minutes. In large bowl, beat 1 1/2 cups sugar and the butter with electric mixer on medium speed until light and fluffy. Gradually add flour mixture by tablespoonfuls; beat on high speed until smooth. Beat in vanilla. Fill and frost cake, using 1 cup

frosting between layers. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:53.26, Inflammation Score:-6, Nutrition Score:9.0730434396993%

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: 605.57kcal (30.28%), Fat: 31.38g (48.28%), Saturated Fat: 16.71g (104.43%), Carbohydrates: 77.06g (25.69%), Net Carbohydrates: 75.9g (27.6%), Sugar: 52.67g (58.52%), Cholesterol: 94.15mg (31.38%), Sodium: 526.67mg (22.9%), Alcohol: 0.49g (100%), Alcohol %: 0.31% (100%), Protein: 6.2g (12.4%), Selenium: 14.87µg (21.24%), Vitamin B1: 0.28mg (18.46%), Vitamin B2: 0.29mg (16.88%), Vitamin A: 831.1IU (16.62%), Folate: 62.75µg (15.69%), Calcium: 136.72mg (13.67%), Phosphorus: 131mg (13.1%), Manganese: 0.25mg (12.75%), Vitamin K: 12.3µg (11.71%), Iron: 1.85mg (10.25%), Vitamin B3: 1.94mg (9.68%), Vitamin E: 1.23mg (8.2%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.74µg (4.95%), Vitamin B5: 0.47mg (4.73%), Magnesium: 18.59mg (4.65%), Fiber: 1.15g (4.62%), Copper: 0.09mg (4.6%), Zinc: 0.6mg (4.03%), Potassium: 139.12mg (3.97%), Vitamin B6: 0.05mg (2.71%)