



Easy Red Velvet Cake

 Gluten Free

READY IN



110 min.

SERVINGS



12

CALORIES



184 kcal

DESSERT

Ingredients

- 1 box german chocolate
- 1 cup buttermilk
- 0.5 cup vegetable oil
- 3 eggs
- 1 oz food coloring red
- 2 tablespoons cocoa powder unsweetened
- 2 oz cream cheese softened
- 2 teaspoons milk

- 1.5 cups whipping cream
- 0.5 cup powdered sugar

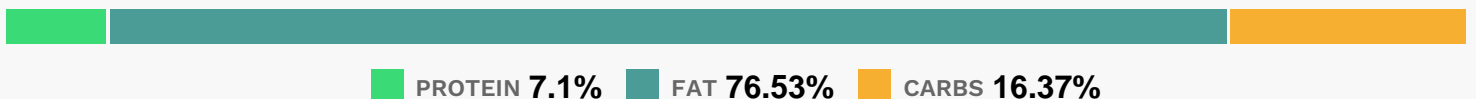
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease bottom and sides of 13x9-inch pan or two 9-inch round cake pans and lightly flour, or spray with baking spray with flour.
- In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan(s).
- Bake as directed on box. Cool rounds 10 minutes; remove from pans. Cool completely.
- In chilled large bowl, mix cream cheese and milk until smooth. Beat in whipping cream and powdered sugar with electric mixer on high speed, scraping bowl occasionally, until soft peaks form. Frost top of 13x9-inch cake or fill and frost cake layers. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:3.6934782603513%

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: 184.2kcal (9.21%), Fat: 16.06g (24.7%), Saturated Fat: 8.9g (55.6%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.42g (2.7%), Sugar: 7.05g (7.83%), Cholesterol: 81.61mg (27.2%), Sodium: 60.08mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Vitamin A: 594.53IU (11.89%), Vitamin B2: 0.16mg (9.15%), Selenium: 5.58µg (7.97%), Phosphorus: 68.05mg (6.8%), Vitamin D: 0.97µg (6.43%), Calcium: 55.52mg (5.55%), Vitamin K: 4.51µg (4.29%), Vitamin B12: 0.25µg (4.21%), Vitamin E: 0.59mg (3.96%), Vitamin B5: 0.35mg (3.53%), Potassium: 90.7mg (2.59%), Magnesium: 10.09mg (2.52%), Zinc: 0.37mg (2.49%), Copper: 0.05mg (2.45%), Vitamin B6: 0.04mg (2.02%), Folate: 8.05µg (2.01%), Iron: 0.36mg (1.99%), Manganese: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.46%), Fiber: 0.31g (1.23%)