



## Grandma's Red Velvet Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



706 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 2 sticks butter
- ☐ 2 sticks butter room temperature
- ☐ 12 servings butter for pan
- ☐ 1 cup buttermilk
- ☐ 3 tablespoons cocoa powder
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 5 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 1.5 cups pecans chopped
- ☐ 2 ounces food coloring red
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vinegar

## Equipment

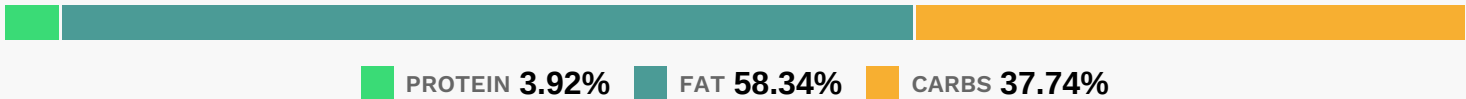
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ stand mixer
- ☐ measuring cup
- ☐ offset spatula
- ☐ cutting board

## Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 12 by 17-inch jelly roll pan, parchment paper
- ☐ Preheat oven to 350 degrees F.
- ☐ In a stand mixer fitted with the paddle attachment, cream butter and sugar, until light and fluffy. Meanwhile, in a small bowl, make a paste out of the red food coloring, cocoa and salt.

- ☐ Remove bowl from stand mixer and mix in paste by hand to the creamed butter. In a measuring cup, stir eggs with buttermilk and add to batter.
- ☐ Mix in vinegar and vanilla, and then add flour and baking soda.
- ☐ Mix until combined but do not over mix.
- ☐ Butter a sheet pan.
- ☐ Lay parchment on top. Butter the parchment.
- ☐ Pour batter into pan and smooth the top to even the batter out, using an offset spatula.
- ☐ Bake cake until a toothpick comes out clean, about 30 minutes.
- ☐ Remove from oven and cool in pan.
- ☐ Heat all ingredients in a medium saucepan.
- ☐ Whisk until sauce thickens, about 15 minutes.
- ☐ Let cool slightly before using.
- ☐ Invert cake onto a cutting board and slice into quarters from the longer side. To assemble cake, spread 1 of the quarters with some of the frosting to cover.
- ☐ Sprinkle with a quarter of the pecans.
- ☐ Add another layer of cake and repeat. Continue until last layer is added. Frost the top of that and sprinkle with remaining pecans.

## Nutrition Facts



## Properties

Glycemic Index:47.43, Glycemic Load:45.92, Inflammation Score:-7, Nutrition Score:11.462608635426%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 705.62kcal (35.28%), Fat: 47.01g (72.33%), Saturated Fat: 23.91g (149.42%), Carbohydrates: 68.42g (22.81%), Net Carbohydrates: 65.86g (23.95%), Sugar: 44.27g (49.19%), Cholesterol: 123.65mg (41.22%), Sodium: 454.82mg (19.77%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 7.1g (14.21%), Manganese: 0.87mg (43.32%), Vitamin A: 1179.41IU (23.59%), Vitamin B1: 0.35mg (23.05%), Selenium: 14.64µg (20.92%), Vitamin B2: 0.28mg (16.68%), Folate: 62.5µg (15.62%), Phosphorus: 140.75mg (14.07%), Copper: 0.27mg (13.33%), Iron: 2.04mg (11.31%), Fiber: 2.56g (10.23%), Vitamin B3: 1.97mg (9.86%), Magnesium: 35.36mg (8.84%), Vitamin E: 1.3mg (8.67%), Zinc: 1.2mg (8.02%), Calcium: 78.35mg (7.83%), Vitamin B12: 0.34µg (5.66%), Vitamin B5: 0.56mg (5.6%), Potassium: 185.27mg (5.29%), Vitamin D: 0.63µg (4.2%), Vitamin B6: 0.08mg (3.82%), Vitamin K: 3.73µg (3.55%)