

Grandmother Paula's Red Velvet Cake

READY IN

ready

175 min.

SERVINGS

servings

20

CALORIES

calories

462 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 pound butter at room temperature 2 sticks
- ☐ 1 stick butter softened
- ☐ 1 cup buttermilk
- ☐ 2.5 cups cake flour
- ☐ 2 tablespoons cocoa powder
- ☐ 1 cup coconut or shredded
- ☐ 1 pound confectioners' sugar
- ☐ 8 ounce cream cheese

- ☐ 2 eggs
- ☐ 1 cup marshmallows melted
- ☐ 1 cup pecans chopped
- ☐ 2 ounces food coloring red
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vinegar

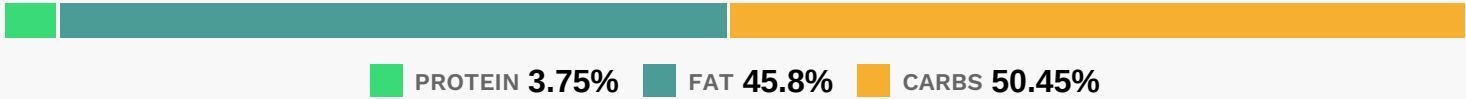
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a mixing bowl, cream the sugar and butter, beat until light and fluffy.
- ☐ Add the eggs one at a time and mix well after each addition.
- ☐ Mix cocoa and food coloring together and then add to sugar mixture; mix well. Sift together flour and salt.
- ☐ Add flour mixture to the creamed mixture alternately with buttermilk. Blend in vanilla. In a small bowl, combine baking soda and vinegar and add to mixture.
- ☐ Pour batter into three 8-inch round greased and floured pans.
- ☐ Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.
- ☐ Remove from heat and cool completely before frosting.
- ☐ Blend cream cheese and butter together in a mixing bowl.
- ☐ Add marshmallows and sugar and blend. Fold in coconut and nuts.
- ☐ Spread between layers and on top and sides of cooled cake.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:23.55, Inflammation Score:-4, Nutrition Score:5.1760869123366%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 462.47kcal (23.12%), Fat: 24.16g (37.17%), Saturated Fat: 12.99g (81.22%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 58.42g (21.24%), Sugar: 45.89g (50.99%), Cholesterol: 65.67mg (21.89%), Sodium: 312.24mg (13.58%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.45g (8.9%), Manganese: 0.45mg (22.72%), Selenium: 10.15µg (14.5%), Vitamin A: 623.79IU (12.48%), Phosphorus: 73.91mg (7.39%), Copper: 0.15mg (7.27%), Vitamin B2: 0.1mg (5.85%), Fiber: 1.45g (5.79%), Vitamin E: 0.7mg (4.63%), Magnesium: 17.47mg (4.37%), Zinc: 0.64mg (4.26%), Vitamin B1: 0.06mg (4.16%), Calcium: 39.38mg (3.94%), Vitamin B5: 0.33mg (3.25%), Iron: 0.58mg (3.2%), Folate: 11.79µg (2.95%), Potassium: 102.51mg (2.93%), Vitamin B12: 0.15µg (2.47%), Vitamin B6: 0.04mg (1.94%), Vitamin K: 1.73µg (1.65%), Vitamin D: 0.24µg (1.63%), Vitamin B3: 0.29mg (1.44%)