



Great Canadian Heinz® Ketchup Cake

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



613 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup butter softened
- 1.5 teaspoons cinnamon
- 6 ounces cream cheese brick-style softened
- 1.5 cups t brown sugar dark packed
- 2 eggs
- 2 cups flour all-purpose

- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 4 cups powdered sugar
- 2 tablespoons food coloring red
- 0.5 cup catsup
- 1 teaspoon vanilla extract
- 0.5 cup water

Equipment

- bowl
- baking paper
- oven

Directions

- Preheat the oven to 350 degrees F (180 degrees C). Grease two 9-inch (23 cm) round cake pans and line the bottoms with parchment paper. Stir the flour with the baking powder, cinnamon, baking soda, nutmeg and ginger into a bowl. Stir the ketchup, water and colouring in a separate bowl. Set aside.
- Beat the butter and blend in the sugar in a large bowl until smooth. Beat in the eggs.
- Add the flour mixture and ketchup mixture. Beat on low, scraping down the bowl as needed, until combined. Increase the speed to medium-high and beat for 1 minute. Divide the batter evenly between the prepared pans.
- Bake for 30 minutes or until the centre springs back when touched lightly. Cool the cakes for 15 minutes before turning onto a rack to cool completely.
- Frosting: Beat the cream cheese, butter and vanilla on medium speed for 2 minutes or until smooth. Gradually beat in the sugar on low, scraping the bowl as needed. Beat on high until fluffy. Frost between the cake layers and over the sides and top of the cake. Makes 12 servings.

Nutrition Facts



■ PROTEIN 3.25% ■ FAT 29.97% ■ CARBS 66.78%

Properties

Glycemic Index:31.9, Glycemic Load:14.29, Inflammation Score:-5, Nutrition Score:7.2539130708446%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 612.6kcal (30.63%), Fat: 20.8g (32%), Saturated Fat: 12.53g (78.33%), Carbohydrates: 104.29g (34.76%), Net Carbohydrates: 103.38g (37.59%), Sugar: 82.35g (91.5%), Cholesterol: 86.52mg (28.84%), Sodium: 489.86mg (21.3%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 5.07g (10.15%), Selenium: 13.65µg (19.5%), Vitamin A: 763.99IU (15.28%), Manganese: 0.3mg (14.97%), Vitamin B2: 0.24mg (14.02%), Vitamin B1: 0.21mg (13.76%), Folate: 53.44µg (13.36%), Calcium: 109.64mg (10.96%), Iron: 1.78mg (9.88%), Phosphorus: 89.28mg (8.93%), Vitamin B3: 1.73mg (8.65%), Vitamin E: 0.83mg (5.54%), Potassium: 147.72mg (4.22%), Vitamin B5: 0.41mg (4.11%), Copper: 0.08mg (3.96%), Fiber: 0.91g (3.63%), Vitamin B6: 0.07mg (3.49%), Magnesium: 13.92mg (3.48%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.14µg (2.41%), Vitamin K: 2.1µg (2%), Vitamin D: 0.18µg (1.17%)