



Kraft Red Velvet Cake

READY IN



165 min.

SERVINGS



16

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 2 ounce baker's baking chocolate unsweetened melted
- ☐ 0.5 cup butter melted
- ☐ 8 ounce philadelphia cream cheese softened
- ☐ 0.5 cup planters pecans chopped
- ☐ 16 ounce powdered sugar
- ☐ 1 tablespoon food coloring red
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

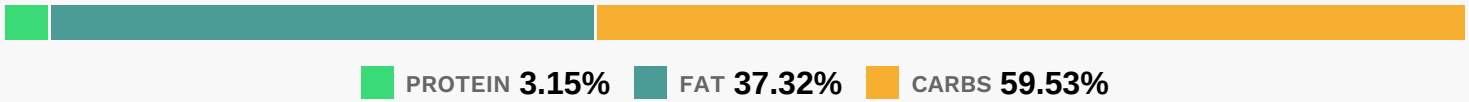
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Prepare and bake cake mix as directed on package for 2 (9-inch) round cake layers, adding chocolate and food coloring with water, eggs and oil; cool completely.
- ☐ Beat cream cheese and butter with electric mixer on medium speed until well blended. Gradually add sugar, beating well after each addition. Stir in pecans.
- ☐ Fill and frost cake layers with cream cheese frosting.

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:5.4665218201344%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 370.32kcal (18.52%), Fat: 15.86g (24.4%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 55.69g (20.25%), Sugar: 42.02g (46.69%), Cholesterol: 14.32mg (4.77%), Sodium: 336.91mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Manganese: 0.36mg (17.79%), Phosphorus: 148.52mg (14.85%), Calcium: 92.72mg (9.27%), Copper: 0.18mg (9.12%), Vitamin A: 445.84IU (8.92%), Iron: 1.36mg (7.54%), Vitamin B2: 0.12mg (6.96%), Vitamin B1: 0.1mg (6.65%), Selenium: 4.57µg (6.54%), Folate: 25.65µg (6.41%), Magnesium: 20.38mg (5.09%), Fiber: 1.24g (4.96%), Zinc: 0.7mg (4.69%), Vitamin E: 0.68mg (4.54%), Vitamin B3: 0.87mg (4.35%), Potassium: 84.4mg (2.41%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 1.62µg (1.55%), Vitamin B6: 0.03mg (1.25%)