



Mom's Signature Red Velvet Cake

READY IN



110 min.

SERVINGS



8

CALORIES



931 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon baking soda
- ☐ 2 cups butter softened
- ☐ 1 cup buttermilk
- ☐ 2.3 cups cake flour sifted
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 1 ounce food coloring red

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable shortening crisco® (such as)
- ☐ 1 fluid ounce water
- ☐ 2 cups sugar white

Equipment

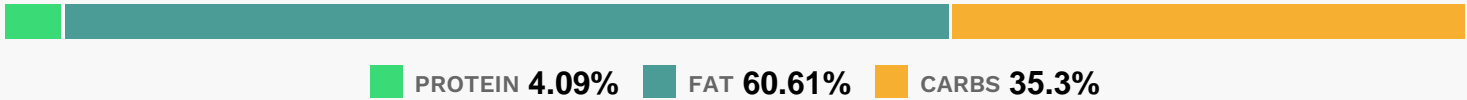
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 9-inch cake pans. In a bowl, sift cake flour with baking soda.
- ☐ Mash the vegetable shortening with 1 1/2 cup of sugar in a large bowl until thoroughly combined, and stir in the eggs, one at a time.
- ☐ Pour the red food coloring into a small bowl, and fill the empty food coloring container with water; add the water to the food coloring. Stir in cocoa powder to make a paste, and mix the paste into the shortening mixture.
- ☐ Stir the buttermilk, salt, vanilla extract, and apple cider vinegar in a bowl, and mix into the colored shortening mixture, alternating with the flour mixture, until well combined. Scrape the batter into the prepared cake pans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of a cake comes out clean, 30 to 35 minutes. Allow the cakes to cool completely.

- To make frosting, whisk together the milk and all-purpose flour in a saucepan until the mixture is free of lumps, and bring to a simmer over medium-low heat. Cook, whisking constantly, until the mixture is thick, about 1 minute.
- Pour the thickened sauce into a mixing bowl, and chill until completely cooled, at least 30 minutes. When cold, place the butter into the mixture, and beat with an electric mixer to combine; add the vanilla extract and 2 cups of sugar to the bowl, and beat with the mixer set on Medium speed until the frosting is light and fluffy, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:46.39, Glycemic Load:55.14, Inflammation Score:-7, Nutrition Score:10.593478192454%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 930.85kcal (46.54%), Fat: 63.78g (98.13%), Saturated Fat: 34.61g (216.34%), Carbohydrates: 83.57g (27.86%), Net Carbohydrates: 82.16g (29.88%), Sugar: 54.65g (60.72%), Cholesterol: 173.55mg (57.85%), Sodium: 865.11mg (37.61%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 9.69g (19.39%), Vitamin A: 1626.61IU (32.53%), Selenium: 21.98µg (31.4%), Manganese: 0.37mg (18.47%), Phosphorus: 170.22mg (17.02%), Vitamin E: 2.41mg (16.09%), Vitamin B2: 0.26mg (15.25%), Calcium: 137.93mg (13.79%), Vitamin B12: 0.66µg (11.03%), Vitamin K: 11.24µg (10.71%), Vitamin D: 1.28µg (8.54%), Vitamin B5: 0.83mg (8.34%), Vitamin B1: 0.12mg (7.86%), Magnesium: 28.92mg (7.23%), Copper: 0.14mg (6.91%), Folate: 27.52µg (6.88%), Zinc: 0.98mg (6.51%), Potassium: 223.04mg (6.37%), Fiber: 1.41g (5.65%), Iron: 0.93mg (5.14%), Vitamin B6: 0.09mg (4.25%), Vitamin B3: 0.74mg (3.68%)