



## Montclair Martha's Red Velvet Cake

READY IN



45 min.

SERVINGS



6

CALORIES



717 kcal

DESSERT

### Ingredients

- 0.8 cup butter unsalted plus more for pans room temperature
- 2.5 cups cake flour plus more for pans sifted (not self-rising)
- 3 tablespoons cocoa powder unsweetened
- 1.5 teaspoons double-acting baking powder
- 2 cups sugar
- 3 large eggs
- 1 teaspoon vanilla extract pure
- 0.3 teaspoon salt
- 2 purple gel food coloring red

- 3 tablespoons water lukewarm
- 1 cup buttermilk
- 1 teaspoon baking soda
- 1 tablespoon vinegar white

## Equipment

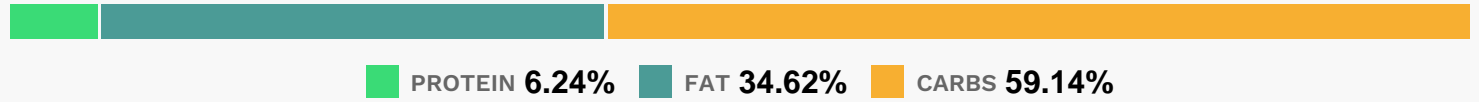
- bowl
- baking paper
- oven
- wire rack
- hand mixer
- serrated knife

## Directions

- Preheat oven to 350 degrees. Butter two 8-by-2-inch round cake pans. Line with parchment paper, and butter again. Dust with flour, and tap out the excess; set aside. In a medium bowl, sift together cake flour, cocoa, and baking powder; set aside.
- In the bowl of an electric mixer fitted with the paddle attachment, combine the butter and sugar, and beat on medium speed until light and fluffy, about 15 minutes.
- Add eggs, one at a time, beating well after each addition.
- Add vanilla, salt, food coloring, and water; beat, scraping down the sides of the bowl, until well combined.
- Add reserved dry ingredients in additions, alternating with the buttermilk; beat on low speed until well combined.
- In a small bowl, stir together baking soda and vinegar; add to batter. Beat on medium speed for 10 seconds. Be sure not to overbeat. Divide batter between prepared pans, and bake until a cake tester inserted into the center comes out clean, 25 to 30 minutes.
- Remove pans from oven, and transfer to a wire rack to cool, about 15 minutes. Turn cakes out onto rack; let stand until completely cool.
- Using a serrated knife, trim tops of cakes so surfaces are level.

- Place a layer on a cake stand or cardboard round, and spread about 1/3 of the frosting over top.
- Place the second layer on top, and spread with the remaining frosting over the tops and sides of assembled cake.
- Transfer to refrigerator, and chill until ready to serve.

## Nutrition Facts



### Properties

Glycemic Index:51.68, Glycemic Load:71.87, Inflammation Score:-5, Nutrition Score:10.416521746179%

### Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 717.32kcal (35.87%), Fat: 28.14g (43.29%), Saturated Fat: 16.45g (102.79%), Carbohydrates: 108.14g (36.04%), Net Carbohydrates: 105.96g (38.53%), Sugar: 68.89g (76.54%), Cholesterol: 158.41mg (52.8%), Sodium: 468.64mg (20.38%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.75mg (1.92%), Protein: 11.41g (22.81%), Selenium: 30.89µg (44.13%), Manganese: 0.52mg (26.21%), Vitamin A: 911.13IU (18.22%), Phosphorus: 181.24mg (18.12%), Vitamin B2: 0.24mg (14.31%), Calcium: 137.77mg (13.78%), Copper: 0.23mg (11.44%), Vitamin D: 1.45µg (9.64%), Fiber: 2.18g (8.71%), Magnesium: 33.52mg (8.38%), Folate: 32.59µg (8.15%), Vitamin B5: 0.8mg (8.01%), Iron: 1.42mg (7.87%), Vitamin E: 1.16mg (7.73%), Vitamin B12: 0.45µg (7.58%), Zinc: 1.12mg (7.48%), Potassium: 187.99mg (5.37%), Vitamin B1: 0.07mg (4.93%), Vitamin B6: 0.08mg (4.01%), Vitamin B3: 0.64mg (3.22%), Vitamin K: 2.4µg (2.29%)