



## Quick Red Velvet Cake

READY IN



165 min.

SERVINGS



16

CALORIES



429 kcal

DESSERT

## Ingredients

- ☐ 1.5 cups butter softened
- ☐ 3 eggs
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 1 box chocolate cake mix betty crocker® supermoist®
- ☐ 1.5 cups milk
- ☐ 1 oz food coloring red
- ☐ 0.5 cup cream sour
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons cocoa powder unsweetened

- ☐ 1 tablespoon vanilla
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

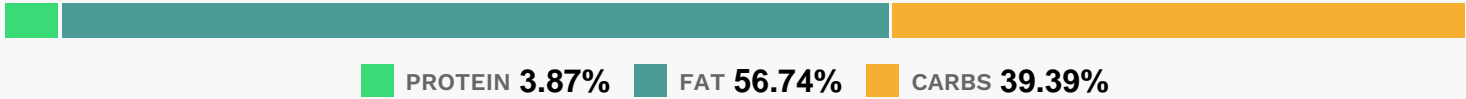
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pans). Grease and flour two 9-inch cake pans, or spray with baking spray with flour. In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour batter into pans.
- ☐ Bake 31 to 36 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely.
- ☐ Meanwhile, in 2-quart saucepan, cook flour and milk over medium heat, stirring constantly, until mixture is very thick. Cover surface with plastic wrap; cool to room temperature.
- ☐ In large bowl, beat sugar and butter with electric mixer on high speed until light and fluffy. Gradually add flour mixture by tablespoonfuls, beating until smooth. Beat in vanilla.
- ☐ Place 1 cake layer, top side down, on serving plate; spread with 1 cup frosting. Top with second layer, top side up. Frost side and top of cake with frosting. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:11.44, Glycemic Load:15.65, Inflammation Score:-6, Nutrition Score:6.3686956374542%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 428.61kcal (21.43%), Fat: 27.84g (42.84%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 42.5g (15.45%), Sugar: 30.55g (33.95%), Cholesterol: 37.68mg (12.56%), Sodium: 447.28mg (19.45%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.41mg (1.47%), Protein: 4.28g (8.55%), Vitamin A: 888.43IU (17.77%), Phosphorus: 131.55mg (13.16%), Selenium: 8.11µg (11.58%), Vitamin B2: 0.16mg (9.27%), Iron: 1.64mg (9.13%), Vitamin E: 1.37mg (9.11%), Calcium: 89.01mg (8.9%), Copper: 0.15mg (7.45%), Vitamin K: 7.52µg (7.16%), Folate: 28.61µg (7.15%), Vitamin B1: 0.1mg (6.45%), Manganese: 0.12mg (5.87%), Magnesium: 22.01mg (5.5%), Potassium: 167.98mg (4.8%), Fiber: 0.98g (3.94%), Vitamin B12: 0.23µg (3.89%), Vitamin B3: 0.72mg (3.61%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.42µg (2.78%), Vitamin B6: 0.05mg (2.3%)