



## Raspberry red velvet cake

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



731 kcal

DESSERT

### Ingredients

- ☐ 280 g golden caster sugar
- ☐ 175 g butter softened
- ☐ 3 large eggs
- ☐ 280 g self-raising flour
- ☐ 75 g cocoa powder
- ☐ 150 ml buttermilk
- ☐ 1 tsp citrus champagne vinegar
- ☐ 85 g full-fat cream cheese

- ☐ 75 g puréed raspberry
- ☐ 0.3 tsp food gel red
- ☐ 150 g punnet raspberry
- ☐ 200 g icing sugar
- ☐ 50 g butter softened
- ☐ 140 g cream cheese

## Equipment

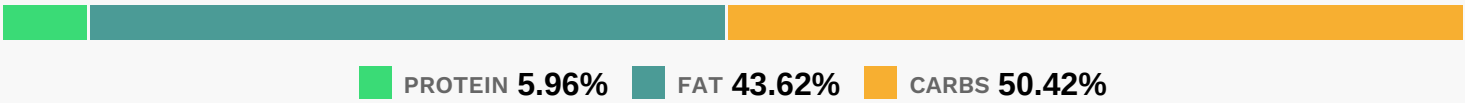
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ skewers

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease and line the bases of 2 x 20cm sandwich tins with baking parchment. Using an electric hand whisk, beat together the caster sugar and butter until light and fluffy.
- ☐ Add the eggs one at a time, beating well between each addition.
- ☐ Sieve the flour and cocoa powder into a bowl.
- ☐ Add half to the egg mixture and fold in carefully.
- ☐ Mix together the buttermilk, vinegar, cream cheese, raspberry pure and food gel. Fold half the buttermilk mixture into the cake batter and repeat the process with both the flour mixture and buttermilk mixture.
- ☐ Spoon the combined mixtures into your prepared tins and cook for about 25–30 mins, until an inserted skewer comes out clean. Leave to cool for 10 mins before turning out onto a wire rack.
- ☐ For the frosting, mix together the icing sugar and butter until soft and creamy, then stir in the cream cheese. Sandwich the cooled cakes together with half of the frosting, adding 150g

fresh raspberries if you like, then spread the remaining frosting over the top. Will keep for up to 3 days in a cool place.

## Nutrition Facts



### Properties

Glycemic Index:38, Glycemic Load:17.56, Inflammation Score:-7, Nutrition Score:13.773478155551%

### Flavonoids

Cyanidin: 12.87mg, Cyanidin: 12.87mg, Cyanidin: 12.87mg, Cyanidin: 12.87mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 6.45mg, Catechin: 6.45mg, Catechin: 6.45mg, Catechin: 6.45mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 19.41mg, Epicatechin: 19.41mg, Epicatechin: 19.41mg, Epicatechin: 19.41mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

### Nutrients (% of daily need)

Calories: 731.42kcal (36.57%), Fat: 36.95g (56.84%), Saturated Fat: 21.93g (137.08%), Carbohydrates: 96.08g (32.03%), Net Carbohydrates: 89.94g (32.71%), Sugar: 61.99g (68.88%), Cholesterol: 160.72mg (53.57%), Sodium: 329.05mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.56mg (7.19%), Protein: 11.35g (22.7%), Manganese: 0.86mg (42.91%), Selenium: 25.02µg (35.75%), Fiber: 6.14g (24.55%), Vitamin A: 1223.18IU (24.46%), Copper: 0.49mg (24.3%), Phosphorus: 202.5mg (20.25%), Magnesium: 72.14mg (18.03%), Vitamin B2: 0.25mg (14.8%), Iron: 2.45mg (13.6%), Calcium: 120.02mg (12%), Potassium: 362.69mg (10.36%), Zinc: 1.55mg (10.32%), Vitamin E: 1.5mg (9.99%), Vitamin C: 7.37mg (8.94%), Vitamin B5: 0.87mg (8.67%), Folate: 33.94µg (8.49%), Vitamin B12: 0.36µg (6.07%), Vitamin B6: 0.11mg (5.46%), Vitamin K: 5.21µg (4.96%), Vitamin B1: 0.07mg (4.58%), Vitamin D: 0.62µg (4.15%), Vitamin B3: 0.83mg (4.15%)