



Red and Green Velvet Cake!

READY IN



70 min.

SERVINGS



14

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose sifted
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable shortening
- ☐ 1.5 teaspoons distilled vinegar white

☐ 1.5 cups sugar white

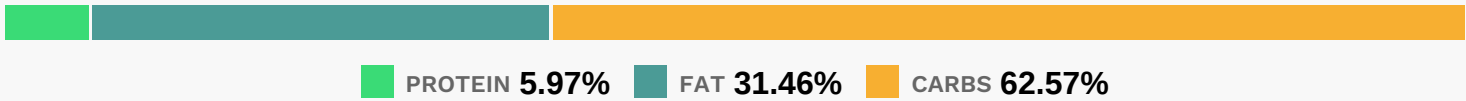
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease a 9x13-inch sheet pan.
- ☐ Mash vegetable shortening and sugar together in a large bowl until smooth and creamy; beat in eggs until fully incorporated.
- ☐ Stir buttermilk, cocoa powder, salt, and vanilla extract into the shortening mixture until the liquid ingredients are an even color and texture.
- ☐ Sift flour into the liquid ingredients until combined.
- ☐ Pour half the batter into a separate bowl.
- ☐ Lightly stir red food color into one bowl of batter and green food color into the other bowl of batter.
- ☐ Quickly fold 3/4 teaspoon baking soda and 1 1/2 teaspoon white vinegar into the bowl of red batter; quickly fold 3/4 teaspoon baking soda and 1 1/2 teaspoon white vinegar into the bowl of green batter.
- ☐ Pour the red and green batters into the prepared sheet pan in alternating colors.
- ☐ Bake in the preheated oven until the cake is lightly browned on top and a toothpick inserted in the center comes out clean, 25 to 30 minutes. Allow to cool completely before frosting.

Nutrition Facts



Properties

Glycemic Index:16.15, Glycemic Load:27.54, Inflammation Score:-2, Nutrition Score:4.8721739623858%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 8.87g (13.65%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 38.84g (14.12%), Sugar: 22.35g (24.84%), Cholesterol: 25.27mg (8.42%), Sodium: 252.8mg (10.99%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 3.79g (7.58%), Selenium: 10.37µg (14.81%), Vitamin B1: 0.19mg (12.52%), Folate: 44.89µg (11.22%), Vitamin B2: 0.17mg (10.27%), Manganese: 0.18mg (9.22%), Iron: 1.27mg (7.04%), Vitamin B3: 1.35mg (6.77%), Phosphorus: 56.41mg (5.64%), Vitamin K: 4.05µg (3.86%), Vitamin E: 0.54mg (3.61%), Copper: 0.07mg (3.49%), Fiber: 0.87g (3.47%), Vitamin B5: 0.31mg (3.11%), Calcium: 27.95mg (2.8%), Magnesium: 10.99mg (2.75%), Zinc: 0.35mg (2.36%), Vitamin D: 0.35µg (2.32%), Vitamin B12: 0.13µg (2.25%), Potassium: 67.45mg (1.93%), Vitamin B6: 0.03mg (1.38%), Vitamin A: 62.23IU (1.24%)