



Red Devil's Food Cake

READY IN



130 min.

SERVINGS



16

CALORIES



342 kcal

DESSERT

Ingredients

- 1.7 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup shortening
- 1.5 cups buttermilk
- 1.5 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon vanilla
- 2 eggs

- 2 oz baker's chocolate unsweetened cooled melted
- 3 cups powdered sugar
- 0.3 cup butter softened
- 1.5 teaspoons vanilla
- 1 tablespoons milk

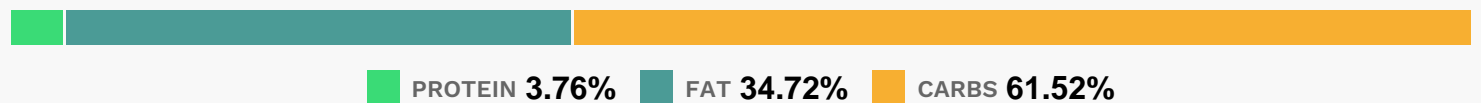
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease and flour two 8- or 9-inch round cake pans, or 13x9-inch pan. In large bowl, beat all cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally.
- Pour into pans.
- Bake rounds 30 to 35 minutes, rectangle 35 to 40 minutes, or until toothpick inserted in center comes out clean. Cool rounds 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- In medium bowl, mix powdered sugar and butter with spoon or electric mixer on low speed. Stir in vanilla and enough milk until smooth and spreadable. Fill and frost round layers or frost top of rectangle with frosting.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:16.27, Inflammation Score:-3, Nutrition Score:4.9656521811595%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 341.74kcal (17.09%), Fat: 13.53g (20.82%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 53.95g (17.98%), Net Carbohydrates: 53.01g (19.27%), Sugar: 42.46g (47.18%), Cholesterol: 23.05mg (7.68%), Sodium: 328.25mg (14.27%), Alcohol: 0.22g (100%), Alcohol %: 0.27% (100%), Protein: 3.3g (6.6%), Manganese: 0.25mg (12.33%), Selenium: 7.53µg (10.76%), Vitamin B2: 0.14mg (8.35%), Vitamin B1: 0.12mg (8.17%), Iron: 1.4mg (7.77%), Copper: 0.15mg (7.46%), Folate: 28.65µg (7.16%), Phosphorus: 60.6mg (6.06%), Vitamin A: 237.51IU (4.75%), Magnesium: 18.31mg (4.58%), Calcium: 43.34mg (4.33%), Vitamin B3: 0.85mg (4.27%), Vitamin E: 0.64mg (4.24%), Zinc: 0.6mg (4%), Fiber: 0.94g (3.76%), Vitamin K: 3.88µg (3.69%), Vitamin B5: 0.29mg (2.93%), Vitamin D: 0.41µg (2.75%), Potassium: 95.5mg (2.73%), Vitamin B12: 0.16µg (2.7%), Vitamin B6: 0.03mg (1.41%)