



Red Velvet Cake

READY IN



45 min.

SERVINGS



12

CALORIES



537 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons baking cocoa
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 12 servings best-ever icing soft
- ☐ 1 cup milk
- ☐ 1.5 tablespoons food coloring red

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup sugar
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vinegar white

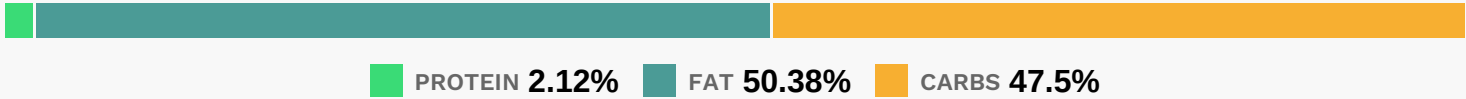
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Beat shortening and sugar at medium speed with an electric mixer until fluffy.
- ☐ Add eggs, one at a time, beating just until yellow disappears. Stir in vanilla and food coloring.
- ☐ Combine flour, baking soda, salt and cocoa. Stir together buttermilk and vinegar; add to shortening mixture alternately with flour mixture, beginning and ending with flour mixture. Beat just until blended after each addition.
- ☐ Pour batter into 2 greased and floured 9" round cakes; bake at 350 for 25 minutes or until a toothpick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes; remove from pans. Cool completely on wire racks.
- ☐ Spread Best-Ever Soft Icing between layers and on top and sides of cake.
- ☐ Whisk together flour and milk in a small saucepan over low heat until thickened.
- ☐ Pour into mixing bowl; allow to cool.
- ☐ Add butter and remaining ingredients to flour mixture; beat at high speed with an electric mixer until fluffy, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:39.37, Inflammation Score:-3, Nutrition Score:4.6504347531692%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 537.21kcal (26.86%), Fat: 30.76g (47.32%), Saturated Fat: 13.78g (86.14%), Carbohydrates: 65.26g (21.75%), Net Carbohydrates: 64.72g (23.54%), Sugar: 61.32g (68.13%), Cholesterol: 72.59mg (24.2%), Sodium: 449.97mg (19.56%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 2.91g (5.82%), Vitamin B2: 0.21mg (12.42%), Vitamin A: 578.27IU (11.57%), Vitamin E: 1.49mg (9.97%), Vitamin K: 9.69µg (9.23%), Phosphorus: 73.7mg (7.37%), Selenium: 4.91µg (7.02%), Calcium: 60.2mg (6.02%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.63µg (4.2%), Vitamin B5: 0.37mg (3.73%), Manganese: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.38%), Copper: 0.06mg (3.25%), Magnesium: 12.85mg (3.21%), Folate: 12.42µg (3.1%), Potassium: 104.85mg (3%), Iron: 0.51mg (2.81%), Zinc: 0.4mg (2.66%), Fiber: 0.53g (2.13%), Vitamin B6: 0.04mg (1.77%), Vitamin B3: 0.3mg (1.48%)