

Red Velvet Cake

 Vegetarian

READY IN



205 min.

SERVINGS



8

CALORIES



1220 kcal

DESSERT

Ingredients

- ☐ 3.8 cups ap flour
- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups buttermilk at room temperature
- ☐ 3 tablespoons dutch-processed cocoa powder
- ☐ 3 large eggs at room temperature
- ☐ 7 tablespoons flour all-purpose
- ☐ 2.3 cups granulated sugar
- ☐ 0.5 cup heavy cream

- ☐ 1 tablespoon food coloring red
- ☐ 1.5 teaspoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups caster sugar
- ☐ 3 sticks butter unsalted at room temperature
- ☐ 12 tablespoons butter unsalted at room temperature
- ☐ 0.5 vanilla pod split
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 0.8 cups vegetable oil
- ☐ 1 cup milk whole

Equipment

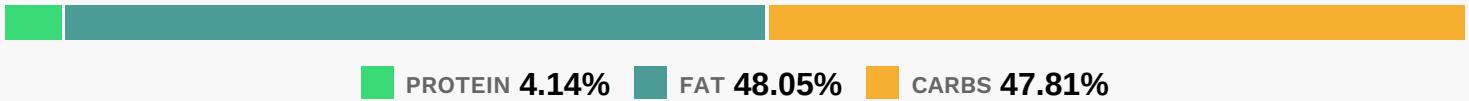
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Butter and flour 2 (9-inch) cake pans and line each pan with a round of parchment paper.
- ☐ Whisk together the flour, cocoa powder, baking soda and salt in a small bowl
- ☐ Cream the butter, sugar and oil in a stand mixer fitted with the paddle attachment until light and fluffy.

- ☐ Add the eggs, one at a time, scraping down the sides of the bowl and beat until incorporated. Beat in the vanilla, vinegar and food coloring.
- ☐ Add the flour mixture to the batter in 3 batches alternating with the buttermilk, mixing well after each addition. Divide the batter evenly between the prepared pans and bake for 30 to 40 minutes or until a wooden skewer inserted into the center comes out with a few moist crumbs. Cool on a baking rack for 15 minutes before removing the cake from the pans.
- ☐ Let cool completely before frosting. Slice each cake into 2 layers and frost.
- ☐ Combine the cream, milk, vanilla bean and seeds in a small saucepan and bring to a simmer over medium-high heat.
- ☐ Remove the vanilla bean and discard.
- ☐ Add the flour and cook, whisking constantly, until thickened to a paste, about 2 minutes.
- ☐ Scrape into a bowl, cover and refrigerate until very cold, at least 2 hours.
- ☐ Combine the butter and sugar in the bowl of a stand mixer fitted with the whisk attachment and beat until the mixture is very fluffy and the sugar is totally dissolved, about 6 minutes.
- ☐ Add the cold paste, a few tablespoons at a time to the butter mixture and whip until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:44.9, Glycemic Load:102.64, Inflammation Score:-8, Nutrition Score:17.833913050916%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1219.57kcal (60.98%), Fat: 66.35g (102.08%), Saturated Fat: 38.86g (242.88%), Carbohydrates: 148.57g (49.52%), Net Carbohydrates: 146.12g (53.13%), Sugar: 98.07g (108.97%), Cholesterol: 231.43mg (77.14%), Sodium: 449.77mg (19.56%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.31mg (1.44%), Protein: 12.87g (25.74%), Selenium: 32µg (45.72%), Vitamin A: 2027.31IU (40.55%), Vitamin B1: 0.56mg (37.66%), Vitamin B2: 0.6mg (35.27%), Folate: 133.39µg (33.35%), Manganese: 0.53mg (26.68%), Phosphorus: 214.27mg (21.43%), Iron: 3.71mg (20.59%), Vitamin B3: 4.01mg (20.07%), Vitamin D: 2.48µg (16.56%), Vitamin E: 2.23mg (14.84%), Calcium:

138.13mg (13.81%), Vitamin K: 12.95µg (12.34%), Vitamin B12: 0.67µg (11.17%), Copper: 0.21mg (10.45%), Fiber: 2.45g (9.81%), Vitamin B5: 0.97mg (9.7%), Magnesium: 36.54mg (9.14%), Zinc: 1.23mg (8.17%), Potassium: 263.31mg (7.52%), Vitamin B6: 0.1mg (5.24%)