



Red Velvet Cake

 Vegetarian

READY IN



65 min.

SERVINGS



20

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup buttermilk
- ☐ 0.3 cup canola oil
- ☐ 3 cups confectioners' sugar sifted
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 4 ounces cream cheese low-fat

- ☐ 0.3 cup greek yogurt low-fat
- ☐ 1 cup heavy whipping cream sour low-fat
- ☐ 1 oz food coloring red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vinegar white

Equipment

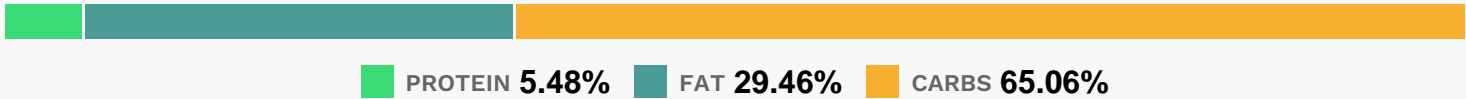
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Make cake: Preheat oven to 350F. Mist a 9-by-13-inch baking pan with cooking spray. Sift together flour, cocoa, baking powder and salt.
- ☐ Mix buttermilk, coloring and vanilla in a bowl.
- ☐ In a large bowl, using an electric mixer on medium speed, beat sour cream, oil, butter and sugar until fluffy, about 3 minutes. Beat in eggs one at a time, scraping down sides of bowl.
- ☐ Add half of flour mixture, then buttermilk mixture, then remaining flour, mixing after each addition until just combined.
- ☐ Mix vinegar and baking soda until mixture fizzes; quickly fold into batter. Scrape batter into pan and tap on countertop to burst any air bubbles.

- ☐
- Bake until a toothpick inserted in center of cake comes out clean, 30 to 35 minutes. Set on a wire rack to cool completely.
- ☐
- Make frosting: Using an electric mixer on medium-high speed, beat together cream cheese, yogurt, butter and vanilla until well combined. Slowly beat in sugar. Chill for 1 hour.
- ☐
- When cake is cool and frosting is chilled, spread frosting on top of cake. Keep refrigerated until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:19.33, Inflammation Score:-2, Nutrition Score:4.63999999960609%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 286.51kcal (14.33%), Fat: 9.57g (14.72%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 46.73g (16.99%), Sugar: 33.74g (37.48%), Cholesterol: 36.2mg (12.07%), Sodium: 213.71mg (9.29%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 4.01g (8.01%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.14mg (9.22%), Vitamin B2: 0.16mg (9.14%), Folate: 34.36µg (8.59%), Manganese: 0.15mg (7.64%), Phosphorus: 67.07mg (6.71%), Calcium: 61.41mg (6.14%), Iron: 1.03mg (5.7%), Vitamin B3: 0.98mg (4.89%), Vitamin E: 0.71mg (4.72%), Vitamin A: 222.41IU (4.45%), Copper: 0.08mg (3.84%), Vitamin B12: 0.21µg (3.46%), Fiber: 0.82g (3.28%), Magnesium: 12.37mg (3.09%), Potassium: 96.57mg (2.76%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.54µg (2.41%), Vitamin D: 0.36µg (2.39%), Vitamin B6: 0.03mg (1.3%)