

Red Velvet Cake







DESSERT

Ingredients

Ш	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 sof
	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 dissapears. 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 ingreidents to flour mixture; beat at high speed with an electric mixer until fluffy, about 8 minutes.	

Nutrition Facts

PROTEIN 2.12% FAT 50.38% CARBS 47.5%

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, 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%)