



Red Velvet Cake

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



695 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 sticks butter softened
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons cocoa powder dark
- ☐ 4 cups confectioners' sugar sifted
- ☐ 16 oz cream cheese softened
- ☐ 2 large eggs

- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon gel paste food color red
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla
- ☐ 1 tablespoon vanilla extract
- ☐ 1.5 cups vegetable oil
- ☐ 1 tablespoon vinegar white

Equipment

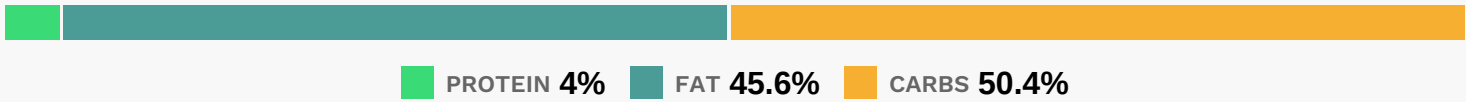
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ stand mixer
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350°. Grease and two 9 inch round pans with parchment or line 24 cupcake cups with paper liners. Sift together flour, baking soda, baking powder, cocoa. You want to remove any lumps, because this batter just gets stirred rather than beaten. Stir in the sugar. In a second bowl, mix the buttermilk, oil, and eggs with a handheld or stand mixer until well mixed. Stir in the food coloring, vinegar and vanilla.
- ☐ Add the dry ingredients slowly and mix until fully incorporated. Don't over-beat or you'll risk toughening up the gluten in the flour. Split batter between the pans.
- ☐ Bake for 20 to 25 minutes or until cakes spring back when touched. If baking cupcakes, start checking for doneness at 20 minutes. Allow to cool in the pan. Once cool, turn cake out of pan. Slice off any rounded top to level the
- ☐ cakes. Have cream cheese and butter at room temperature. With paddle attachment of a stand mixer or hand mixer, mix butter and cream cheese together. Slowly add confectioners; sugar.

Add vanilla last and mix until fluffy.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:32.74, Inflammation Score:-6, Nutrition Score:8.5986956202466%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 694.94kcal (34.75%), Fat: 35.63g (54.82%), Saturated Fat: 18.9g (118.1%), Carbohydrates: 88.63g (29.54%), Net Carbohydrates: 87.62g (31.86%), Sugar: 66.87g (74.3%), Cholesterol: 111.87mg (37.29%), Sodium: 577.25mg (25.1%), Alcohol: 0.75g (100%), Alcohol %: 0.45% (100%), Protein: 7.03g (14.06%), Selenium: 16.08µg (22.98%), Vitamin A: 1056.29IU (21.13%), Vitamin B2: 0.31mg (18.29%), Vitamin B1: 0.23mg (15.18%), Folate: 56.81µg (14.2%), Vitamin K: 12.32µg (11.73%), Phosphorus: 116.54mg (11.65%), Manganese: 0.23mg (11.29%), Vitamin E: 1.33mg (8.84%), Iron: 1.58mg (8.79%), Calcium: 84.71mg (8.47%), Vitamin B3: 1.63mg (8.16%), Vitamin B5: 0.56mg (5.57%), Vitamin B12: 0.28µg (4.69%), Copper: 0.09mg (4.66%), Magnesium: 16.99mg (4.25%), Zinc: 0.64mg (4.25%), Fiber: 1.01g (4.05%), Potassium: 138.05mg (3.94%), Vitamin D: 0.43µg (2.84%), Vitamin B6: 0.06mg (2.81%)