



Red Velvet Cake with Buttercream Frosting

READY IN



125 min.

SERVINGS



8

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 2 cups cake flour
- ☐ 2 eggs
- ☐ 3.9 ounce chocolate pudding mix instant
- ☐ 1 cup milk
- ☐ 2 ounces food coloring red

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1 cup sugar white

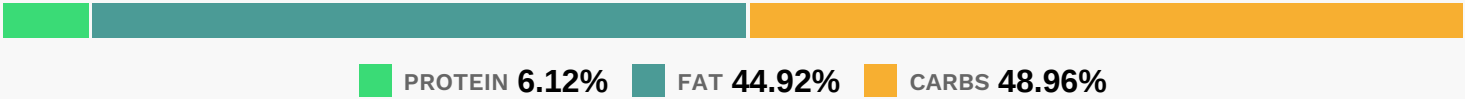
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 9-inch cake pans. In a bowl, sift together the cake flour, chocolate pudding mix, cocoa powder, and salt.
- ☐ In a large bowl, beat 1/2 cup of butter with 1 1/2 cup of sugar with an electric mixer until creamy; beat the eggs in, one at a time, and beat until the mixture is fluffy, about 1 minute. Beat in the flour mixture, alternating with buttermilk, in several additions.
- ☐ Mix in 1 teaspoon of vanilla extract and the red food color until the batter is uniformly colored. In a bowl, stir the baking soda with vinegar, and gently fold the foamy mixture gently into the batter.
- ☐ Pour the batter into the prepared cake pans.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of a cake comes out clean or with moist crumbs, about 30 minutes. Allow to cool completely before frosting.
- ☐ For frosting, place all-purpose flour in a saucepan, and gradually whisk milk into the flour, about 2 tablespoons at a time, until smoothly combined. Bring the mixture to a simmer over medium-low heat, whisking constantly until thickened and smooth; allow to cool completely. Beat 1 cup of sugar and 1 cup of butter in a bowl with an electric mixer until fluffy, about 1 minute, and gradually beat in the cooled milk mixture; add 1 teaspoon of vanilla extract. Beat the frosting until fluffy and spreadable, 1 to 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:47.64, Glycemic Load:35.3, Inflammation Score:-5, Nutrition Score:8.2117392187533%

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: 536.25kcal (26.81%), Fat: 27.1g (41.69%), Saturated Fat: 16.36g (102.27%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 64.65g (23.51%), Sugar: 37.51g (41.68%), Cholesterol: 108.89mg (36.3%), Sodium: 867.44mg (37.71%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.84mg (1.28%), Protein: 8.3g (16.6%), Selenium: 19.77µg (28.24%), Manganese: 0.38mg (19.12%), Vitamin A: 868.03IU (17.36%), Phosphorus: 138.66mg (13.87%), Vitamin B2: 0.21mg (12.21%), Calcium: 94.12mg (9.41%), Copper: 0.18mg (8.85%), Vitamin B12: 0.45µg (7.48%), Magnesium: 29.76mg (7.44%), Fiber: 1.82g (7.26%), Folate: 25.8µg (6.45%), Vitamin B1: 0.1mg (6.34%), Vitamin E: 0.95mg (6.32%), Vitamin D: 0.95µg (6.3%), Vitamin B5: 0.59mg (5.88%), Zinc: 0.87mg (5.83%), Iron: 1.04mg (5.77%), Potassium: 196.63mg (5.62%), Vitamin B3: 0.68mg (3.42%), Vitamin B6: 0.07mg (3.28%), Vitamin K: 2.54µg (2.42%)