



Red Velvet Cake with Buttercream Frosting

READY IN



45 min.

SERVINGS



16

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 cups cake flour
- ☐ 0.5 cup egg substitute
- ☐ 0.8 cup milk fat-free
- ☐ 0.8 cup flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 1 cup buttermilk low-fat
- ☐ 2.5 cups powdered sugar

- ☐ 1 ounce food coloring red
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable shortening
- ☐ 1 tablespoon vinegar white

Equipment

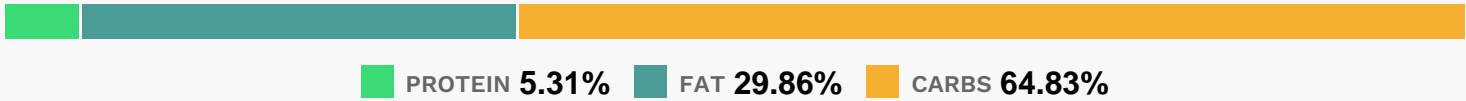
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat 2 (8-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray; set pans aside.
- ☐ Place granulated sugar and shortening in a large bowl; beat with a mixer at medium speed 5 minutes or until well blended.
- ☐ Add egg substitute; beat well.

- ☐ Combine cocoa and food coloring in a small bowl, stirring with a whisk; add to sugar mixture, stirring well to combine.
- ☐ Lightly spoon the cake flour into dry measuring cups, and level with a knife.
- ☐ Combine cake flour and 1/2 teaspoon salt, stirring with a whisk.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition. Stir in 1 teaspoon vanilla.
- ☐ Combine vinegar and baking soda; add to batter, stirring well.
- ☐ Pour batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Carefully peel off wax paper; cool completely on wire rack.
- ☐ To prepare frosting, combine milk and all-purpose flour in a small, heavy saucepan over medium heat. Cook 3 minutes or until mixture forms a very thick paste, stirring constantly with a whisk. Spoon into a bowl; cover surface with plastic wrap. Refrigerate 45 minutes or until chilled.
- ☐ Place butter in a medium bowl, and beat with a mixer at medium speed until creamy.
- ☐ Add 2 teaspoons vanilla, 1/8 teaspoon salt, and chilled flour mixture; beat until smooth. Gradually add powdered sugar, beating just until blended (do not overbeat).
- ☐ Place 1 cake layer on a plate; spread with 1/3 cup frosting. Top with other cake layer.
- ☐ Spread remaining frosting over top and sides of cake. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:21.67, Inflammation Score:-2, Nutrition Score:4.053913038062%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 316kcal (15.8%), Fat: 10.6g (16.31%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 51.14g (18.6%), Sugar: 35.55g (39.5%), Cholesterol: 16.2mg (5.4%), Sodium: 247.97mg (10.78%), Alcohol: 0.26g (100%), Alcohol %: 0.31% (100%), Protein: 4.24g (8.48%), Selenium: 12.14µg (17.35%), Manganese: 0.18mg (9.03%), Vitamin B2: 0.12mg (6.81%), Phosphorus: 56.6mg (5.66%), Vitamin B1: 0.08mg (5.37%), Folate: 18.37µg (4.59%), Vitamin A: 224.94IU (4.5%), Calcium: 43.94mg (4.39%), Vitamin E: 0.62mg (4.13%), Iron: 0.64mg (3.54%), Vitamin B5: 0.34mg (3.39%), Magnesium: 11.15mg (2.79%), Copper: 0.06mg (2.77%), Vitamin B3: 0.55mg (2.74%), Vitamin K: 2.87µg (2.73%), Zinc: 0.39mg (2.63%), Fiber: 0.65g (2.6%), Potassium: 87.99mg (2.51%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.25µg (1.64%), Vitamin B6: 0.03mg (1.55%)