



Red Velvet Cake with Coconut-Cream Cheese Frosting

 Vegetarian

READY IN



155 min.

SERVINGS



12

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 1.5 cups buttermilk
- ☐ 3 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 3 tablespoons liquid food coloring red

- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 tablespoon vanilla extract

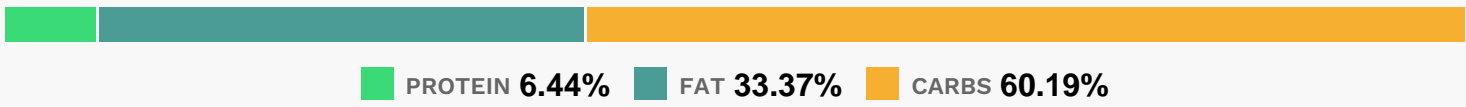
Equipment

- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until light and fluffy. Gradually add sugar, beating until blended.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add food coloring and vanilla, beating until blended.
- ☐ Whisk together flour and next 4 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Spoon batter into 4 greased and floured 8-inch round cake pans.
- ☐ Bake all pans at the same time, with 2 pans on top rack and 2 pans on bottom rack, at 350 for 10 minutes; rotate pans, and bake 10 to 12 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks, and cool completely (about 1 hour).
- ☐ Spread about 1 cup Coconut-Cream Cheese Frosting between cake layers; spread remaining frosting on top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:39.8, Inflammation Score:-5, Nutrition Score:8.5865217291791%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 382.62kcal (19.13%), Fat: 14.57g (22.41%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 57.01g (20.73%), Sugar: 35.06g (38.96%), Cholesterol: 80.3mg (26.77%), Sodium: 365.08mg (15.87%), Alcohol: 0.37g (100%), Alcohol %: 0.37% (100%), Caffeine: 8.24mg (2.75%), Protein: 6.32g (12.64%), Selenium: 15.52µg (22.16%), Manganese: 0.34mg (17.08%), Vitamin B1: 0.25mg (16.51%), Vitamin B2: 0.27mg (15.94%), Folate: 61.37µg (15.34%), Phosphorus: 132.87mg (13.29%), Iron: 2.19mg (12.15%), Calcium: 113.03mg (11.3%), Copper: 0.2mg (9.84%), Vitamin A: 471.55IU (9.43%), Vitamin B3: 1.82mg (9.08%), Fiber: 2.1g (8.41%), Magnesium: 29.37mg (7.34%), Zinc: 0.74mg (4.92%), Vitamin B12: 0.27µg (4.56%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.64µg (4.27%), Potassium: 148.75mg (4.25%), Vitamin E: 0.5mg (3.35%), Vitamin B6: 0.05mg (2.48%), Vitamin K: 1.3µg (1.23%)