



Red Velvet Cake with Cream Cheese Frosting

READY IN



45 min.

SERVINGS



12

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 ounces butter softened
- ☐ 1 cup buttermilk
- ☐ 9 oz cake flour
- ☐ 2 slightly tablespoons cocoa powder (natural)
- ☐ 3.3 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 0.3 c food coloring red
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 1.3 teaspoons vanilla extract
- ☐ 1 tablespoon vinegar white
- ☐ 2 eggs whole room temperature

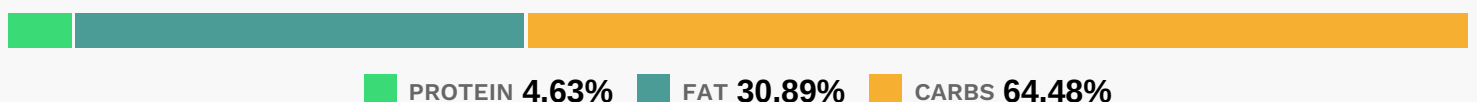
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Spray two 8 inch round cake pans with baking spray. In bowl of a stand mixer or in a large mixing bowl using an electric mixer, cream butter, sugar and salt until light.
- ☐ Add the vanilla and the eggs beating 30 seconds after each egg is added. Make a paste of food coloring and cocoa and add to the creamed mixture.
- ☐ Add buttermilk and flour alternately, beating at low speed until mixed. In a small cup, combine the soda and the vinegar and let it foam up.
- ☐ Pour the foaming mixture into the batter and stir until it's mixed in. Immediately pour into the two 8 inch pans and bake for 27–30 minutes.
- ☐ Let cool for 10 minutes in pans set on a rack. Flip from pans and let cool completely. Make icing. Beat the butter and cream cheese until smooth. Beat in vanilla.
- ☐ Add confectioner's sugar slowly, beating until smooth. For a little tartness, beat in some lemon juice.

Nutrition Facts



Properties

Glycemic Index:24.59, Glycemic Load:28.03, Inflammation Score:-3, Nutrition Score:4.4082608721826%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 459.09kcal (22.95%), Fat: 15.98g (24.59%), Saturated Fat: 9.35g (58.44%), Carbohydrates: 75.05g (25.02%), Net Carbohydrates: 74.48g (27.08%), Sugar: 58.63g (65.14%), Cholesterol: 68.89mg (22.96%), Sodium: 341.07mg (14.83%), Alcohol: 0.26g (100%), Alcohol %: 0.23% (100%), Protein: 5.39g (10.78%), Selenium: 13.53µg (19.33%), Vitamin A: 563.02IU (11.26%), Manganese: 0.18mg (9.24%), Vitamin B2: 0.14mg (8.2%), Phosphorus: 75.99mg (7.6%), Calcium: 51.93mg (5.19%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.21µg (3.58%), Folate: 13.58µg (3.4%), Copper: 0.06mg (3.17%), Zinc: 0.47mg (3.15%), Magnesium: 11.05mg (2.76%), Vitamin D: 0.41µg (2.71%), Potassium: 90.87mg (2.6%), Vitamin B1: 0.03mg (2.3%), Fiber: 0.57g (2.29%), Iron: 0.41mg (2.26%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.26mg (1.32%), Vitamin K: 1.21µg (1.15%)