



Red Velvet Torte with White Truffle Frosting



Gluten Free



Dairy Free



Low Fod Map

READY IN



165 min.

SERVINGS



12

CALORIES



352 kcal

DESSERT

Ingredients

- 1 box german chocolate
- 1 cup water
- 0.5 cup vegetable oil
- 3 eggs
- 1 oz food coloring red
- 1 tablespoons cocoa powder unsweetened
- 1.5 cups peppermint candies white
- 16 oz vanilla frosting

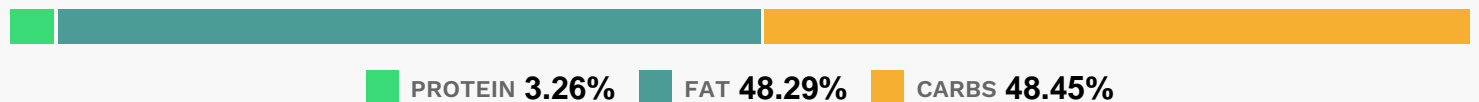
Equipment

- bowl
- oven
- hand mixer
- microwave

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease and flour two 8-inch round cake pans, or spray with baking spray with flour. In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pans.
- Bake and cool as directed on box for 8-inch rounds. Refrigerate layers about 45 minutes for easier handling. Trim off rounded top of one layer. Slice each cake layer in half horizontally to make a total of 4 layers. Reserve untrimmed top layer.
- In medium microwavable bowl, microwave baking chips uncovered on Medium (50%) 4 to 5 minutes, stirring halfway through microwave time. Stir until smooth; cool 5 minutes. Stir in frosting until well blended.
- Place 1 cake layer bottom, cut side up, on serving plate; spread with about 3/4 cup of the frosting. Repeat with second and third cake layers. Top with reserved cake layer, cut side down; frost with remaining frosting. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:11.04, Inflammation Score:0, Nutrition Score:2.3878260824991%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 351.8kcal (17.59%), Fat: 19.29g (29.68%), Saturated Fat: 10.56g (65.97%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 43.41g (15.79%), Sugar: 40.74g (45.26%), Cholesterol: 40.92mg (13.64%), Sodium: 104.58mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin B2: 0.17mg (9.73%), Vitamin K: 8.3µg (7.9%), Vitamin E: 0.84mg (5.62%), Calcium: 52.78mg (5.28%), Selenium: 3.47µg (4.96%), Phosphorus: 31.64mg (3.16%), Folate: 8.33µg (2.08%), Vitamin B5: 0.19mg (1.9%), Iron: 0.32mg (1.77%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Copper: 0.03mg (1.34%), Zinc: 0.2mg (1.32%), Vitamin A: 59.4IU (1.19%)