



Royal Blue Velvet Cake

 Popular

READY IN



110 min.

SERVINGS



12

CALORIES



489 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1 cup buttermilk
- 0.5 cup vegetable oil
- 3 eggs
- 1 tablespoon cocoa powder unsweetened
- 2 teaspoons purple gel food coloring blue
- 1 purple gel food coloring
- 7 oz marshmallow creme

- 1 cup butter softened
- 2.5 cups powdered sugar
- 0.1 teaspoon salt

Equipment

- bowl
- baking paper
- oven
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Spray bottoms and sides of three 8-inch round cake pans with cooking spray; line with cooking parchment paper.
- In large bowl, beat Cake ingredients with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among pans.
- Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- Remove from pans to cooling rack; remove cooking parchment paper. Cool completely, about 45 minutes.
- In large bowl, beat marshmallow creme and softened butter with electric mixer on medium speed until smooth, scraping bowl occasionally. On low speed, beat in powdered sugar and salt until smooth.
- If necessary, trim rounded tops of 2 cake layers to flatten before assembling.
- Place 1 cake layer, top side down, on serving plate; spread with about 1/3 cup frosting. Top with second layer, top side down; spread with about 1/3 cup frosting. Top with untrimmed cake layer, top side up. Frost side and top of cake with remaining frosting. Store loosely covered in refrigerator.

Nutrition Facts



■ PROTEIN 3.22% ■ FAT 36.76% ■ CARBS 60.02%

Properties

Glycemic Index:6.75, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:6.0569565399833%

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: 489.23kcal (24.46%), Fat: 20.51g (31.56%), Saturated Fat: 11.6g (72.49%), Carbohydrates: 75.36g (25.12%), Net Carbohydrates: 74.73g (27.17%), Sugar: 53.79g (59.76%), Cholesterol: 83.79mg (27.93%), Sodium: 481.63mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Phosphorus: 191.57mg (19.16%), Calcium: 128.85mg (12.89%), Selenium: 8.22µg (11.74%), Vitamin A: 565.13IU (11.3%), Vitamin B2: 0.19mg (11.2%), Folate: 37.03µg (9.26%), Vitamin E: 1.09mg (7.28%), Vitamin B1: 0.11mg (7.24%), Iron: 1.12mg (6.2%), Vitamin K: 5.93µg (5.65%), Manganese: 0.11mg (5.46%), Vitamin B3: 1.07mg (5.36%), Vitamin B5: 0.39mg (3.93%), Vitamin B12: 0.22µg (3.7%), Copper: 0.07mg (3.27%), Vitamin D: 0.48µg (3.2%), Zinc: 0.46mg (3.09%), Magnesium: 10.52mg (2.63%), Fiber: 0.63g (2.51%), Potassium: 80.27mg (2.29%), Vitamin B6: 0.04mg (1.95%)