



Southern Red Velvet Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



1163 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk at room temperature
- ☐ 1 teaspoon cocoa powder
- ☐ 4 cups confectioners' sugar sifted
- ☐ 1 pound cream cheese softened
- ☐ 2 large eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 8 servings pecans crushed for garnish

- ☐ 1 ounce food coloring red
- ☐ 1 teaspoon salt fine
- ☐ 1.5 cups sugar
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups vegetable oil
- ☐ 8 servings vegetable oil for the pans
- ☐ 1 teaspoon distilled vinegar white

Equipment

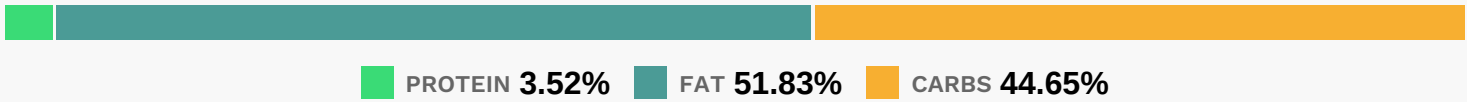
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ offset spatula
- ☐ palette knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Lightly oil and flour three 9 by 1 1/2-inch round cake pans.
- ☐ In a large bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In another large bowl, whisk together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla.
- ☐ Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed.

- ☐ Divide the cake batter evenly among the prepared cake pans.
- ☐ Place the pans in the oven evenly spaced apart.
- ☐ Bake, rotating the pans halfway through the cooking, until the cake pulls away from the side of the pans, and a toothpick inserted in the center of the cakes comes out clean, about 30 minutes.
- ☐ Remove the cakes from the oven and run a knife around the edges to loosen them from the sides of the pans. One at a time, invert the cakes onto a plate and then re-invert them onto a cooling rack, rounded-sides up.
- ☐ Let cool completely.
- ☐ Frost the cake.
- ☐ Place 1 layer, rounded-side down, in the middle of a rotating cake stand. Using a palette knife or offset spatula spread some of the Cream Cheese Frosting over the top of the cake. (
- ☐ Spread enough frosting to make a 1/4 to 1/2-inch layer.) Carefully set another layer on top, rounded-side down, and repeat. Top with the remaining layer and cover the entire cake with the remaining frosting.
- ☐ Sprinkle the top with the pecans.
- ☐ In a standing mixer fitted with the paddle attachment, or with a hand-held electric mixer in a large bowl, mix the cream cheese, sugar, and butter on low speed until incorporated. Increase the speed to high, and mix until light and fluffy, about 5 minutes. (Occasionally turn the mixer off, and scrape the down the sides of the bowl with a rubber spatula.)
- ☐ Reduce the speed of the mixer to low.
- ☐ Add the vanilla, raise the speed to high and mix briefly until fluffy (scrape down the bowl occasionally). Store in the refrigerator until somewhat stiff, before using. May be stored in the refrigerator for 3 days.
- ☐ Chef: Sara Moulton;

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:49.05, Inflammation Score:-8, Nutrition Score:14.055652173074%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1163.11kcal (58.16%), Fat: 68.12g (104.79%), Saturated Fat: 30.5g (190.65%), Carbohydrates: 132.01g (44%), Net Carbohydrates: 130.82g (47.57%), Sugar: 99.97g (111.08%), Cholesterol: 168.07mg (56.02%), Sodium: 660.33mg (28.71%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 10.42g (20.84%), Vitamin K: 44.24µg (42.13%), Selenium: 24µg (34.28%), Vitamin A: 1588.12IU (31.76%), Vitamin B2: 0.46mg (27.2%), Vitamin B1: 0.35mg (23.13%), Folate: 85.07µg (21.27%), Vitamin E: 3.15mg (21%), Manganese: 0.33mg (16.72%), Phosphorus: 163.66mg (16.37%), Iron: 2.21mg (12.3%), Vitamin B3: 2.42mg (12.11%), Calcium: 111.27mg (11.13%), Vitamin B5: 0.84mg (8.4%), Vitamin D: 1.07µg (7.1%), Vitamin B12: 0.42µg (7.04%), Zinc: 0.92mg (6.15%), Copper: 0.11mg (5.58%), Potassium: 189.96mg (5.43%), Magnesium: 20.67mg (5.17%), Fiber: 1.2g (4.79%), Vitamin B6: 0.08mg (4.21%)