



## The Secret Red Velvet Cake

READY IN



75 min.

SERVINGS



16

CALORIES



302 kcal

DESSERT

### Ingredients

- 0.3 cup butter softened
- 1.5 cups knudsen cream sour
- 8 oz philadelphia cream cheese divided softened
- 2 egg whites
- 2 cups powdered sugar
- 1 pkg velvet cake mix red (2-layer size)
- 0.5 tsp vanilla

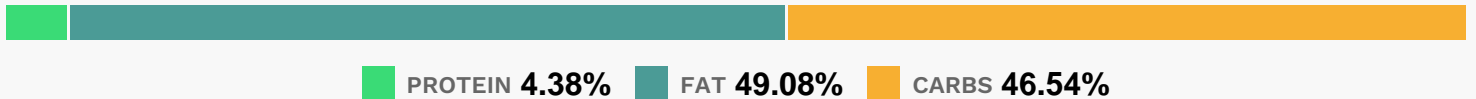
### Equipment

- bowl
- oven
- blender
- toothpicks

## Directions

- Heat oven to 350F.
- Beat 2 oz. cream cheese and sour cream in large bowl with mixer until blended.
- Add egg whites and cake mix; mix well.
- Pour into 2 (9-inch) round pans sprayed with cooking spray.
- Bake 30 min. or until toothpick inserted in center comes out clean. Cool 10 min.; remove from pans. Cool completely.
- Meanwhile, beat remaining cream cheese, butter, vanilla and sugar with mixer until well blended. Refrigerate until ready to use.
- Fill and frost cake layers with frosting before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.81, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:4.1417391397383%

## Nutrients (% of daily need)

Calories: 302.45kcal (15.12%), Fat: 17.11g (26.33%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 35.86g (13.04%), Sugar: 26.33g (29.25%), Cholesterol: 37.21mg (12.4%), Sodium: 310.89mg (13.52%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Protein: 3.44g (6.88%), Phosphorus: 106.16mg (10.62%), Selenium: 6.25µg (8.93%), Vitamin A: 443.69IU (8.87%), Vitamin B2: 0.13mg (7.83%), Calcium: 77.59mg (7.76%), Iron: 1.26mg (6.99%), Copper: 0.12mg (5.82%), Folate: 19.6µg (4.9%), Magnesium: 16.64mg (4.16%), Vitamin E: 0.61mg (4.09%), Potassium: 142.51mg (4.07%), Vitamin B1: 0.05mg (3.59%), Manganese: 0.07mg (3.27%), Fiber: 0.65g (2.59%), Zinc: 0.37mg (2.43%), Vitamin B3: 0.47mg (2.36%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 1.98µg (1.88%), Vitamin B12: 0.09µg (1.46%), Vitamin B6: 0.03mg (1.38%)