



Waldorf Astoria Red Cake

READY IN



45 min.

SERVINGS



12

CALORIES



396 kcal

DESSERT

Ingredients

- 1 tablespoon baking soda
- 1 cup butter softened
- 1 cup buttermilk
- 1 cup confectioners' sugar
- 2 eggs
- 5 tablespoons flour all-purpose
- 1 cup milk
- 2 ounces food coloring red
- 0.5 teaspoon salt

- 0.5 cup shortening
- 2 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 tablespoon distilled vinegar white
- 1.5 cups sugar white

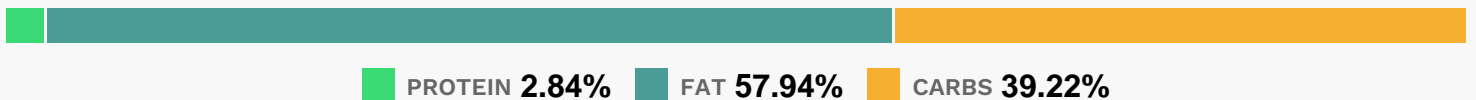
Equipment

- oven

Directions

- Cream together the shortening, sugar, and eggs.
- Make a paste with food coloring and cocoa.
- Add to shortening mixture.
- Add salt and buttermilk to mixture.
- Next add flour, vanilla, vinegar, and baking soda in that order.
- Mix.
- Bake for 30 minutes at 350 degrees F (175 degrees C) in two 8 inch round greased and floured cake pans.
- Let cool.
- To Make Frosting: Cook 5 tablespoons flour and 1 cup milk until thick, and then cool.
- Cream together 1 cup confectioners' sugar, 1 cup butter or margarine and 1 teaspoon vanilla 'til fluffy.
- Add to flour mixture.
- Cut layers of cake in half lengthwise.
- Spread frosting on each half layer. Stack and frost over all.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:19.85, Inflammation Score:-3, Nutrition Score:3.9330434540044%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 395.85kcal (19.79%), Fat: 26.12g (40.18%), Saturated Fat: 12.92g (80.74%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 39.39g (14.32%), Sugar: 36.79g (40.88%), Cholesterol: 72.59mg (24.2%), Sodium: 532.35mg (23.15%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 2.88g (5.76%), Vitamin A: 578.27IU (11.57%), Vitamin B2: 0.13mg (7.46%), Vitamin E: 1.07mg (7.11%), Selenium: 4.96µg (7.09%), Phosphorus: 66.16mg (6.62%), Calcium: 58.8mg (5.88%), Vitamin K: 6.04µg (5.75%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.63µg (4.2%), Vitamin B5: 0.36mg (3.59%), Vitamin B1: 0.05mg (3.44%), Manganese: 0.06mg (3.01%), Folate: 11µg (2.75%), Magnesium: 10.6mg (2.65%), Potassium: 89.41mg (2.55%), Copper: 0.05mg (2.47%), Zinc: 0.35mg (2.36%), Iron: 0.43mg (2.36%), Vitamin B6: 0.04mg (1.76%), Fiber: 0.39g (1.57%), Vitamin B3: 0.26mg (1.28%)