

Red Waldorf Cake

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 12

CREAMY FROSTING

1 cup milk
3 tablespoons all-purpose flour
1 cup butter, softened
1 cup sugar
1 teaspoon vanilla

CAKE

2 eggs, room temperature
1/2 cup unsweetened cocoa powder
2 ounces (1/4 cup) red food coloring
2 1/4 cups cake flour OR 2 cups all-purpose flour
1/2 cup shortening
1 1/2 cups sugar
1 teaspoon vanilla
1 cup buttermilk
1 teaspoon baking soda
1 teaspoon vinegar

Make the Creamy Frosting: In a saucepan using a whisk, blend the milk and all-purpose flour. Cook and stir over medium heat until bubbly. Reduce the heat. Cook and stir for 2 minutes more. Cover the surface with a plastic wrap. Cool to room temperature (do not stir). In a bowl, beat the butter, sugar and vanilla with an electric mixer on medium speed until light and fluffy. Add the cooled milk mixture to the butter mixture, 1/4 cup at a time, beating on low speed after each addition until smooth. Set aside.

Grease and lightly flour two 9x1-1/2-inch round cake pans OR one 13x9x2-inch baking pan. Set the pans aside. In a small bowl, stir together the cocoa powder and food coloring. Set aside. In another small bowl, stir together the flour and 1/2 teaspoon of salt. Set aside.

Preheat the oven to 350 degrees.

In a large mixing bowl, beat the shortening with an electric mixer on medium to high speed for 30 seconds. Add the sugar and vanilla; beat until well combined. Add the eggs one at a time, beating on medium speed after each addition just until combined. Stir together the baking soda and vinegar. Add to the batter, mixing until combined. Spread the batter into the prepared pan(s).

Bake for 30 to 35 minutes for the round pans OR about 30 minutes for the 13x9-inch pan or until a toothpick inserted near the centers comes out clean. Cool in the pan(s) for 10 minutes. Remove the cakes from the round pans. Cool the cake(s) on wire racks.

Frost with the Creamy Frosting.

Cover and store in the refrigerator.

Per Serving (excluding unknown items): 423 Calories; 26g Fat (53.6% calories from fat); 3g Protein; 47g Carbohydrate; 1g Dietary Fiber; 80mg Cholesterol; 305mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 5 Fat; 3 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	423
% Calories from Fat:	53.6%
% Calories from Carbohydrates:	43.2%
% Calories from Protein:	3.2%
Total Fat (g):	26g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	80mg
Carbohydrate (g):	47g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	305mg
Potassium (mg):	136mg
Calcium (mg):	62mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	652IU
Vitamin A (r.e.):	164RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	8mg
Alcohol (kcal):	2
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	3

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 423 Calories from Fat: 227

% Daily Values*

Total Fat 26g	40%
Saturated Fat 13g	64%
Cholesterol 80mg	27%
Sodium 305mg	13%
Total Carbohydrates 47g	16%
Dietary Fiber 1g	5%
Protein 3g	
Vitamin A	13%
Vitamin C	1%
Calcium	6%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.