

Red Velvet Cake

Mrs. St. Clair Bergeron Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

CAKE:

*2 ounces red food coloring
2 teaspoons cocoa, heaping
1/2 cup shortening
1 1/2 cups sugar
2 eggs
1 cup buttermilk
2 1/2 cups flour
1 teaspoon salt
1 teaspoon vanilla
1 teaspoon baking soda
1 tablespoon vinegar*

ICING

*3 tablespoons flour
1 cup milk
1 cup margarine
1 cup sugar
1 teaspoon vanilla*

Preheat the oven to 350 degrees.

In a bowl, make a paste of the food coloring and cocoa.

in a bowl, cream the shortening and sugar thoroughly. Add the eggs and mix well. Add the paste. Add the buttermilk, alternately, with the flour and salt. Beat well after each addition. Add the vanilla.

Put the baking soda into the vinegar. Fold into the batter. Pour the batter into two greased nine-inch cake pans.

Bake for 25 to 30 minutes.

Cool. Split each layer in half, making four layers.

Make the icing: In a saucepan, cook the flour and milk until thick. Then cool. (Be sure that it is cool.) In a bowl, cream together the margarine and sugar. Add the vanilla. Beat the two mixtures together until the consistency is that of whipped cream.

Place the first layer on a serving plate. Frost the top. Place each remaining layer on the cake, one at a time, putting frosting between the layers. Frost the sides of the cake.

Per Serving (excluding unknown items): 6120 Calories; 308g Fat (44.9% calories from fat); 66g Protein; 787g Carbohydrate; 11g Dietary Fiber; 466mg Cholesterol; 6052mg Sodium. Exchanges: 17 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 59 Fat; 33 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	6120	Vitamin B6 (mg):	.5mg
% Calories from Fat:	44.9%	Vitamin B12 (mcg):	2.9mcg
% Calories from Carbohydrates:	50.9%	Thiamin B1 (mg):	2.9mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	308g	Folacin (mcg):	164mcg
Saturated Fat (g):	68g	Niacin (mg):	20mg
Monounsaturated Fat (g):	140g	Caffeine (mg):	8mg
Polyunsaturated Fat (g):	84g	Alcohol (kcal):	25
Cholesterol (mg):	466mg	% Refuse:	n n%
Carbohydrate (g):	787g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	17
Protein (g):	66g	Lean Meat:	1 1/2
Sodium (mg):	6052mg	Vegetable:	0
Potassium (mg):	1409mg	Fruit:	0
Calcium (mg):	771mg	Non-Fat Milk:	2
Iron (mg):	19mg	Fat:	59
Zinc (mg):	6mg	Other Carbohydrates:	33 1/2
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	8947IU		
Vitamin A (r.e.):	2058RE		

Nutrition Facts

Amount Per Serving

Calories 6120 Calories from Fat: 2745

% Daily Values*

Total Fat	308g	474%
Saturated Fat	68g	338%
Cholesterol	466mg	155%
Sodium	6052mg	252%
Total Carbohydrates	787g	262%
Dietary Fiber	11g	44%
Protein	66g	
Vitamin A		179%
Vitamin C		8%
Calcium		77%
Iron		103%

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