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 nineinch 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.

Desserts

Dar Carrina Mutritional 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 Alcohol (kcal): 25 Polyunsaturated Fat (g): 84g Pofuse: 0 nov. Cholesterol (mg): 466mg Alcohol (kcal): 25 Carbohydrate (g): 787g Food Exchanges Dietary Fiber (g): 11g Grain (Starch): 17 Protein (g): 66g Lean Meat: 11/2 Sodium (mg): 6052mg Vegetable: 0 Potassium (mg): 1409mg Fruit: 0 Calcium (mg): 19mg Fat: 59 Zinc (mg): 5mg Other Carbohydrates: 33 1/2				
% 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 Alcohol (kcal): 25 Polyunsaturated Fat (g): 84g % Defuso: 0 0% Cholesterol (mg): 466mg Food Exchanges 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): 5mg Other Carbohydrates: 33 1/2 Vitamin C (mg): 5mg Other Carbohydrates: 38 1/2	Calories (kcal):	6120	Vitamin B6 (mg):	.5mg
% 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 Alcohol (kcal): 25 Polyunsaturated Fat (g): 84g % Polyunsaturated Fat (g): 25 Cholesterol (mg): 466mg Food Exchanges Carbohydrate (g): 787g Food Exchanges Dietary Fiber (g): 11g Grain (Starch): 17 Protein (g): 66g Lean Meat: 11/2 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	% Calories from Fat:	44.9%	Vitamin B12 (mcg):	2.9mcg
Total Fat (g): 308g Folacin (mcg): 164mcg Saturated Fat (g): 68g Niacin (mg): 20mg Monounsaturated Fat (g): 140g Alcohol (kcal): 25 Polyunsaturated Fat (g): 84g % Polyunsaturated Fat (g): 25 Cholesterol (mg): 466mg Food Exchanges Carbohydrate (g): 787g Food Exchanges Dietary Fiber (g): 11g Grain (Starch): 17 Protein (g): 66g Lean Meat: 11/2 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	% Calories from Carbohydrates:	50.9%		•
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Vitamin C (mg): 5mg Vitamin A (i.u.): 8947IU	Iron (mg):	19mg	Fat:	59
Vitamin A (i.u.): 8947IU	Zinc (mg):	6mg	Other Carbohydrates:	33 1/2
	Vitamin C (mg):	5mg		
Vitamin A (r.e.): 2058RE	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.