



Black Forest Cake

READY IN



135 min.

SERVINGS



12

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced
- ☐ 1 box duncan hines devil's food cake
- ☐ 2 tablespoons brandy
- ☐ 21 oz cherry pie filling canned
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups whipping cream

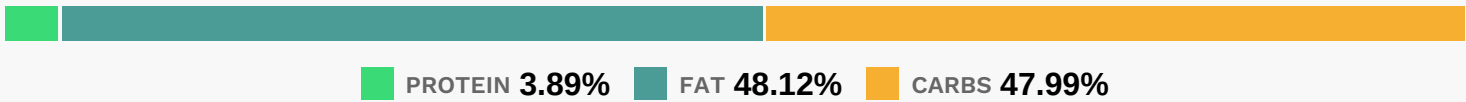
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans). Grease two 8- or 9-inch round cake pans, or spray with baking spray with flour.
- ☐ Make and bake cake as directed on box for 8- or 9-inch rounds. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.
- ☐ In medium bowl, beat whipping cream with electric mixer on high speed until slightly thickened. Gradually beat in powdered sugar until stiff peaks form. Fold in brandy. In another small bowl, mix pie filling and almond extract.
- ☐ On serving plate, place 1 cake layer, rounded side down.
- ☐ Spread with half of the whipped cream, then 1 cup cherry mixture to within 1 inch of edge. Top with second layer, rounded side up. Frost top with remaining whipped cream. Spoon remaining cherry mixture over top.
- ☐ Sprinkle with sliced almonds. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:6.1669565957526%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 381.36kcal (19.07%), Fat: 20.8g (32%), Saturated Fat: 10.37g (64.82%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 45.3g (16.47%), Sugar: 19.93g (22.14%), Cholesterol: 44.82mg (14.94%), Sodium: 316.8mg (13.77%), Alcohol: 0.89g (100%), Alcohol %: 0.84% (100%), Caffeine: 3.96mg (1.32%), Protein: 3.79g (7.58%), Vitamin A: 685.9IU (13.72%), Phosphorus: 135.78mg (13.58%), Copper: 0.21mg (10.31%), Iron: 1.84mg (10.25%), Vitamin B2: 0.16mg (9.43%), Calcium: 90.19mg (9.02%), Selenium: 5.95µg (8.5%), Vitamin E: 1.19mg (7.94%), Magnesium: 27.69mg (6.92%), Manganese: 0.13mg (6.73%), Folate: 26.62µg (6.66%), Potassium: 221.19mg (6.32%), Vitamin B1: 0.09mg (5.67%), Fiber: 1.37g (5.48%), Vitamin D: 0.63µg (4.23%), Vitamin B3: 0.73mg (3.66%), Zinc: 0.46mg (3.08%), Vitamin K: 2.64µg (2.51%), Vitamin C: 2.02mg (2.45%), Vitamin B6: 0.05mg (2.43%), Vitamin B5: 0.19mg (1.89%), Vitamin B12: 0.06µg (1.06%)