

Black Forest Cake

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



803 kcal

DESSERT

Ingredients

- ☐ 5 ml double-acting baking powder
- ☐ 10 ml baking soda
- ☐ 40 ounce cherries sour pitted canned
- ☐ 0.3 cup confectioners' sugar
- ☐ 0.3 cup cornstarch
- ☐ 2 large eggs
- ☐ 220 grams flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 3 cups heavy whipping cream
- ☐ 2 ml salt
- ☐ 240 ml strong coffee decoction cold brewed
- ☐ 65 grams cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 120 ml vegetable oil
- ☐ 15 ml vinegar
- ☐ 1 cup milk whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ serrated knife

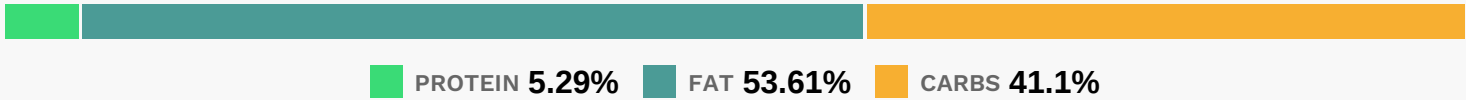
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8 inch cake pans.
- ☐ Combine milk and vinegar to make sour milk; set aside. Sift together the flour, sugar, cocoa powder, baking soda, baking powder and salt. Set aside.
- ☐ Whisk together the eggs, oil, coffee and vanilla in a large bowl. Stir in the sour milk. Gradually beat in the flour mixture, mixing just until incorporated.
- ☐ Pour batter into prepared pans.
- ☐ Place pans on center rack and place a cookie sheet on lower rack just in case there are spill-overs.
- ☐ Bake for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool completely before filling. With long serrated knife, split each cake layer horizontally in

half. Tear one split layer into crumbs; set aside. For finer crumbs, you can pulse the cake layer in the food processor.To assemble, place one cake layer on cake plate.

- ☐ Drain cherries, reserving 1/2 cup juice.
- ☐ Combine whipping cream and confectioner’s sugar in a chilled medium bowl. Beat with an electric mixer at high speed until stiff peaks form. Beat in vanilla

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:37.67, Inflammation Score:-8, Nutrition Score:18.124782541524%

Flavonoids

Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg, Cyanidin: 42.82mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg, Peonidin: 2.13mg Catechin: 11.45mg, Catechin: 11.45mg, Catechin: 11.45mg, Catechin: 11.45mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 23.06mg, Epicatechin: 23.06mg, Epicatechin: 23.06mg, Epicatechin: 23.06mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 803.11kcal (40.16%), Fat: 49.96g (76.86%), Saturated Fat: 24.35g (152.17%), Carbohydrates: 86.2g (28.73%), Net Carbohydrates: 79.43g (28.88%), Sugar: 52.38g (58.2%), Cholesterol: 151.01mg (50.34%), Sodium: 416.4mg (18.1%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Caffeine: 30.71mg (10.24%), Protein: 11.09g (22.19%), Manganese: 0.62mg (30.85%), Vitamin A: 1519.6IU (30.39%), Vitamin K: 31.7µg (30.19%), Vitamin B2: 0.5mg (29.31%), Fiber: 6.76g (27.05%), Selenium: 17.88µg (25.55%), Phosphorus: 241.65mg (24.17%), Copper: 0.46mg (22.85%), Vitamin B1: 0.3mg (20.31%), Magnesium: 74.87mg (18.72%), Iron: 3.33mg (18.53%), Potassium: 631.77mg (18.05%), Calcium: 174.33mg (17.43%), Folate: 68.64µg (17.16%), Vitamin E: 2.23mg (14.83%), Vitamin D: 2.01µg (13.42%), Vitamin C: 10.46mg (12.68%), Vitamin B3: 2.18mg (10.89%), Vitamin B5: 1.03mg (10.33%), Zinc: 1.36mg (9.05%), Vitamin B6: 0.16mg (8.13%), Vitamin B12: 0.42µg (6.98%)