



Black Forest Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 large egg whites
- 1.3 cups flour all-purpose
- 0.3 cup kirsch liqueur
- 0.3 cup salad oil
- 0.3 teaspoon salt
- 1.3 cups sugar
- 0.7 cup cocoa unsweetened

- 1 teaspoon vanilla
- 1 lb tart pie cherries in water pitted drained canned

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- cake form
- spatula
- serrated knife

Directions

- In a bowl, combine cherries and kirsch.
- Let stand at least 30 minutes, stirring occasionally.
- Oil a metal 8-inch-wide round cake pan. Line pan bottom with waxed paper cut to fit; oil paper. Dust pan with cocoa, shaking out excess.
- In a bowl, mix $\frac{2}{3}$ cup cocoa, flour, soda, and salt.
- In another bowl with a mixer, beat to blend sugar, $\frac{1}{4}$ cup salad oil, egg whites, vanilla, and 1 cup water.
- Add flour mixture; stir to mix, then beat until batter is smooth. Scrape batter into prepared pan.
- Bake in a 350 oven until cake begins to pull from pan side and springs back when lightly pressed in center, 35 to 40 minutes.
- Let cool in pan on a rack for 10 minutes. Run a thin knife between cake and pan rim, invert cake onto a rack, lift off pan, and gently pull off and discard waxed paper.
- Let cool about 1 hour. When cake is cool, use a long serrated knife to cut the cake horizontally into 3 equal layers.

- Meanwhile, follow directions for whipped frosting, using 2 large egg whites, 1 cup sugar, 1/4cup water, 1/4 teaspoon cream of tartar, and 1 teaspoon vanilla.
- Drain cherries, pouring kirsch into a small pitcher.
- To assemble cake, place bottom layer on a flat plate, cut side up.
- Spread cut side with about 1/4 the frosting; dot with 1/2 the cherries. Set center cake layer on frosting; spread with about 1/4 the frosting; dot with remaining cherries.
- Lay top of cake, cut side down, onto cherries. With a small spatula, swirl remaining frosting over cake.
- Cut cake into wedges; drizzle each portion with reserved kirsch.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:35.05, Inflammation Score:-4, Nutrition Score:8.0673913589638%

Flavonoids

Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 16.91mg, Epicatechin: 16.91mg, Epicatechin: 16.91mg, Epicatechin: 16.91mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 333.14kcal (16.66%), Fat: 8.41g (12.94%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 55.96g (20.35%), Sugar: 38.75g (43.05%), Cholesterol: 0mg (0%), Sodium: 225.52mg (9.81%), Alcohol: 2.68g (100%), Alcohol %: 2.43% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.06g (10.11%), Manganese: 0.46mg (23.08%), Fiber: 4.4g (17.62%), Copper: 0.34mg (17.09%), Selenium: 9.93µg (14.18%), Vitamin B1: 0.19mg (12.35%), Iron: 2.19mg (12.19%), Magnesium: 47.55mg (11.89%), Folate: 43.02µg (10.75%), Vitamin B2: 0.18mg (10.7%), Phosphorus: 88.58mg (8.86%), Vitamin E: 1.28mg (8.56%), Potassium: 272.07mg (7.77%), Vitamin B3: 1.49mg (7.43%), Vitamin K: 6.42µg (6.12%), Vitamin C: 3.97mg (4.81%), Zinc: 0.68mg (4.55%), Vitamin B5: 0.24mg (2.38%), Vitamin B6: 0.05mg (2.3%), Calcium: 20.66mg (2.07%)