



Black Forest Pound Cake

READY IN



195 min.

SERVINGS



10

CALORIES



658 kcal

DESSERT

Ingredients

- ☐ 3 oz bittersweet chocolate finely chopped
- ☐ 0.3 teaspoon baking soda
- ☐ 10 servings bittersweet chocolate shaved
- ☐ 0.7 cup t brown sugar dark packed
- ☐ 0.7 cup butter softened
- ☐ 1.5 cups cake flour
- ☐ 10 servings cherries
- ☐ 4 large eggs
- ☐ 1 tablespoon granulated sugar

- ☐ 1.3 cups granulated sugar
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cream sour
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1.3 teaspoons vanilla extract divided

Equipment

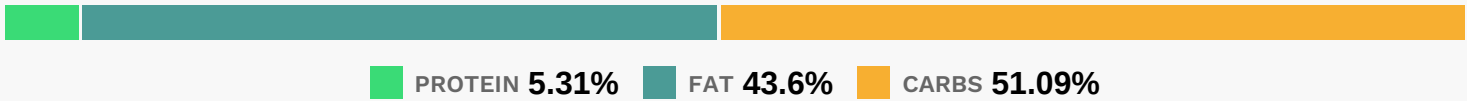
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ stand mixer

Directions

- ☐ Preheat oven to 32
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add 1 1/3 cups granulated sugar and 2/3 cup brown sugar, beating until light and fluffy (about 5 minutes).
- ☐ Add eggs, 1 at a time, beating just until blended after each addition. Beat in 1 tsp. vanilla.
- ☐ Whisk together flour and next 3 ingredients.
- ☐ Add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in chopped chocolate.
- ☐ Pour batter into a greased and floured 10-inch round cake pan (with sides that are 3 inches high).
- ☐ Bake at 325 for 1 hour and 10 minutes to 1 hour and 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 15 minutes.
- ☐ Remove from pan to wire rack; cool completely (about 1 hour).
- ☐ Meanwhile, prepare Cherry Sauce.

Place cake on a serving plate or cake stand. Slowly pour Cherry Sauce over cake. Beat heavy cream, 1 Tbsp. granulated sugar, and remaining 1/4 tsp. vanilla at medium-high speed until soft peaks form. Dollop whipped cream onto cake, and sprinkle with shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:32.55, Inflammation Score:-7, Nutrition Score:12.293478188307%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 15.45mg, Epicatechin: 15.45mg, Epicatechin: 15.45mg, Epicatechin: 15.45mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 657.6kcal (32.88%), Fat: 33.17g (51.03%), Saturated Fat: 19.53g (122.06%), Carbohydrates: 87.47g (29.16%), Net Carbohydrates: 81.73g (29.72%), Sugar: 65.18g (72.43%), Cholesterol: 151.3mg (50.43%), Sodium: 289.38mg (12.58%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 18.06mg (6.02%), Protein: 9.09g (18.17%), Manganese: 0.56mg (27.86%), Selenium: 17.02µg (24.32%), Fiber: 5.74g (22.97%), Vitamin A: 1125.7IU (22.51%), Copper: 0.43mg (21.49%), Phosphorus: 178.08mg (17.81%), Magnesium: 66.17mg (16.54%), Potassium: 550.69mg (15.73%), Vitamin B2: 0.26mg (15.28%), Iron: 2.39mg (13.25%), Vitamin C: 10.13mg (12.28%), Calcium: 96.88mg (9.69%), Vitamin B5: 0.88mg (8.77%), Zinc: 1.21mg (8.07%), Vitamin E: 1.13mg (7.56%), Vitamin B6: 0.14mg (7.1%), Folate: 25.39µg (6.35%), Vitamin D: 0.88µg (5.84%), Vitamin K: 6.12µg (5.83%), Vitamin B1: 0.08mg (5.16%), Vitamin B12: 0.3µg (5.08%), Vitamin B3: 0.65mg (3.26%)