



Chocolate And Cherry Cranked To 11: Black Forest Bars Recipe

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.7 cups brown sugar
- ☐ 3 ounces candied cherries halved
- ☐ 0.8 cup cocoa powder
- ☐ 2 tablespoons plus light
- ☐ 5 ounces chocolate dark (approximately 50 percent cocoa solids)
- ☐ 4 large eggs

- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 1.7 cups self raising flour sifted
- ☐ 0.8 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Whisk the cocoa with 1 cup boiling water, whisk in the baking soda and leave to cool for about 20 minutes.Preheat the oven to 325°F convection oven/350°F conventional oven. Butter or oil a 9 x 12 inch nonstick baking pan, 2 inches deep — there is no need to line it unless you are planning to serve the cake whole.
- ☐ Whisk together the eggs, sugar, and oil in a large bowl, then fold in the flour and then the cocoa solution.
- ☐ Pour the mixture into the prepared pan and bake for 30–40 minutes until risen and firm and a skewer inserted into the center comes out clean. Run a knife around the edge of the cake and leave to cool. To make the icing, gently melt the chocolate with the syrup and cream in a bowl set over a pan with a little simmering water in it, whisking until glossy and smooth.
- ☐ Drizzle the icing over the cake, scatter the Toblerone slices, and arrange the cherries here and there. Set aside to harden for a couple of hours before cutting into squares. They will keep well in an airtight container for several days.Try out more chocolate dessert recipes on Food Republic:Salted Triple Chocolate Brownie Batter Cookies
- ☐ Chocolate Stout Pudding Recipe
- ☐ Frozen Chocolate Bananas Recipe

Nutrition Facts



Properties

Glycemic Index:7.27, Glycemic Load:7.71, Inflammation Score:-3, Nutrition Score:6.7256521353417%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 280.36kcal (14.02%), Fat: 9.04g (13.91%), Saturated Fat: 3.9g (24.41%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 44.56g (16.2%), Sugar: 31.09g (34.55%), Cholesterol: 52.14mg (17.38%), Sodium: 85.93mg (3.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.45mg (5.82%), Protein: 5.03g (10.05%), Manganese: 0.48mg (23.92%), Copper: 0.38mg (18.82%), Selenium: 11.24µg (16.06%), Magnesium: 50.44mg (12.61%), Iron: 2.26mg (12.54%), Fiber: 3.01g (12.02%), Phosphorus: 102.68mg (10.27%), Zinc: 0.92mg (6.14%), Potassium: 199.66mg (5.7%), Vitamin B2: 0.09mg (5.34%), Vitamin K: 4.95µg (4.72%), Calcium: 43.94mg (4.39%), Vitamin B5: 0.35mg (3.53%), Folate: 12.55µg (3.14%), Vitamin E: 0.45mg (3.02%), Vitamin B12: 0.15µg (2.47%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 105.36IU (2.11%), Vitamin D: 0.3µg (1.99%), Vitamin B3: 0.37mg (1.85%), Vitamin B1: 0.03mg (1.68%)