



Holly's Black Forest Cake

READY IN



45 min.

SERVINGS



8

CALORIES



868 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 4.5 cups confectioners' sugar sifted
- ☐ 1 tablespoon cornstarch
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 6 teaspoons orange liqueur

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 16.5 ounce cherries dark sweet with juice reserved pitted drained canned
- ☐ 3 ounce chocolate unsweetened melted
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2.5 teaspoons vanilla extract
- ☐ 1.3 cups water
- ☐ 1.8 cups sugar white

Equipment

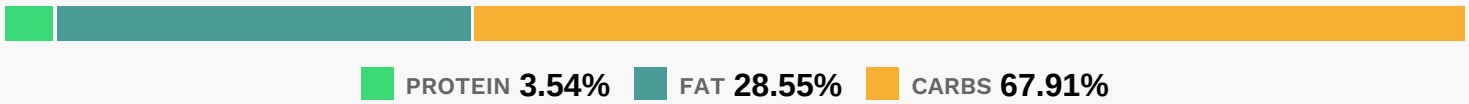
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2- 8 or 9 inch round cake pans.
- ☐ In a medium sized bowl combine flour, white sugar, baking powder, baking soda and salt.
- ☐ Add water, shortening, and 1 teaspoon vanilla. Beat with an electric mixer on low to medium speed until combined. Then beat on high speed for 2 minutes.
- ☐ Add eggs and melted chocolate and beat 2 minutes more.
- ☐ Pour batter into prepared pans.
- ☐ Bake for 30 to 35 minutes. Cool cakes on a wire rack for 10 minutes.
- ☐ Remove cakes from pans and let cool thoroughly on a wire rack.
- ☐ To Make Frosting: Beat butter until fluffy. Gradually add 2 cups of confectioner's sugar and the cocoa. Beat well than add the milk, and 1 1/2 teaspoons vanilla extract. Beat in the remaining confectioner's sugar and any additional milk as needed for spreadability.

- ☐
- Drain cherries reserving 2/3 cup of the liquid. In a medium sauce pan combine reserved liquid and cornstarch, add fruit. Cook over medium heat and stir until thickened and bubbly. Cook and stir for more 2 minutes and then stir in the orange or cherry liqueur.
- ☐
- Remove from heat cover and cool without stirring.
- ☐
- Arrange one cake layer on a serving dish and spread the cooled cherry filling over the top (reserve some cherries for a garnish for top of cake).
- ☐
- Place second layer on top filling and frost sides and top of cake with frosting.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:49.85, Inflammation Score:-6, Nutrition Score:14.215217486672%

Flavonoids

Cyanidin: 17.66mg, Cyanidin: 17.66mg, Cyanidin: 17.66mg, Cyanidin: 17.66mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg, Peonidin: 0.88mg Catechin: 12.87mg, Catechin: 12.87mg, Catechin: 12.87mg, Catechin: 12.87mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 28.56mg, Epicatechin: 28.56mg, Epicatechin: 28.56mg 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: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 867.72kcal (43.39%), Fat: 28.65g (44.07%), Saturated Fat: 12.5g (78.12%), Carbohydrates: 153.28g (51.09%), Net Carbohydrates: 147.45g (53.62%), Sugar: 119.22g (132.46%), Cholesterol: 62.17mg (20.72%), Sodium: 316.69mg (13.77%), Alcohol: 1.4g (100%), Alcohol %: 0.59% (100%), Caffeine: 21.84mg (7.28%), Protein: 8g (15.99%), Manganese: 0.92mg (45.77%), Copper: 0.65mg (32.63%), Iron: 4.59mg (25.49%), Selenium: 16.55µg (23.64%), Fiber: 5.84g (23.34%), Magnesium: 78.14mg (19.53%), Vitamin B1: 0.29mg (19.53%), Folate: 69.68µg (17.42%), Phosphorus: 171.14mg (17.11%), Vitamin B2: 0.28mg (16.71%), Zinc: 1.85mg (12.33%), Vitamin B3: 2.23mg (11.14%), Potassium: 367.41mg (10.5%), Vitamin K: 10.02µg (9.54%), Vitamin E: 1.23mg (8.21%), Calcium: 79.76mg (7.98%), Vitamin A: 345.54IU (6.91%), Vitamin B5: 0.58mg (5.8%), Vitamin C: 4.09mg (4.96%), Vitamin B6: 0.08mg (3.79%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.3µg (2.03%)