



Little Black Forest cakes

 Vegetarian

READY IN



42 min.

SERVINGS



6

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 25 g butter cooled melted for greasing
- ☐ 5 eggs
- ☐ 140 g sugar
- ☐ 25 g cocoa powder
- ☐ 100 g self raising flour
- ☐ 250 g cherries
- ☐ 284 ml double cream
- ☐ 4 tbsp kirsch liqueur

☐ 25 g chocolate dark grated

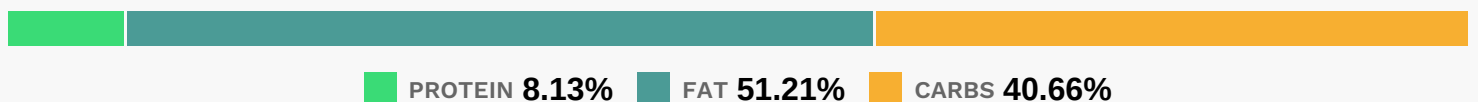
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ palette knife

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter and line a 30 x 35cm (or thereabouts) Swiss roll tin. Using an electric hand-held beater, whisk the eggs and sugar until they are thick and pale and the mixture leaves a trail when the beaters are lifted. This will take about 5–6 mins.
- ☐ Sift the cocoa powder and flour over the mixture, then fold in using a large metal spoon.
- ☐ Drizzle over the butter, then fold this in, too.
- ☐ Pour the mixture into the tin and gently level and smooth out with a palette knife.
- ☐ Bake for 10–12 mins, until the cake feels firm to the touch and springs back when lightly pressed.
- ☐ Turn the cake out onto a cooling rack and peel off the paper. Leave to cool. Meanwhile, select and reserve 6 cherries with stalks (to decorate), then stone the remainder. Whip the cream until it just holds its shape.
- ☐ Cut 12 rounds from the cake using a 7–8cm cutter or a glass, then sprinkle each with a tsp of kirsch. Set 6 cakes on a large plate or stand, spread with cream, then arrange the stoned cherries on top. Top with a second circle of sponge.
- ☐ Spread with the rest of the cream, sprinkle with chocolate, then set a cherry on each cake and serve.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:25.73, Inflammation Score:-6, Nutrition Score:10.392174015874%

Flavonoids

Cyanidin: 12.59mg, Cyanidin: 12.59mg, Cyanidin: 12.59mg, Cyanidin: 12.59mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg, Catechin: 4.52mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 10.27mg, Epicatechin: 10.27mg, Epicatechin: 10.27mg, Epicatechin: 10.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 477.97kcal (23.9%), Fat: 26.84g (41.29%), Saturated Fat: 15.65g (97.84%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 44.67g (16.24%), Sugar: 31.27g (34.75%), Cholesterol: 199.29mg (66.43%), Sodium: 94.09mg (4.09%), Alcohol: 3.34g (100%), Alcohol %: 2.25% (100%), Caffeine: 12.92mg (4.31%), Protein: 9.59g (19.17%), Selenium: 20.36µg (29.09%), Manganese: 0.42mg (20.78%), Vitamin A: 1030.7IU (20.61%), Vitamin B2: 0.3mg (17.67%), Phosphorus: 169.95mg (17%), Copper: 0.32mg (16.11%), Fiber: 3.27g (13.08%), Magnesium: 46.86mg (11.71%), Iron: 2.08mg (11.56%), Vitamin D: 1.5µg (9.97%), Vitamin B5: 0.87mg (8.72%), Potassium: 299.79mg (8.57%), Zinc: 1.19mg (7.93%), Vitamin B12: 0.42µg (7.02%), Vitamin E: 1.04mg (6.96%), Calcium: 69.48mg (6.95%), Folate: 27.76µg (6.94%), Vitamin B6: 0.11mg (5.62%), Vitamin C: 3.2mg (3.88%), Vitamin B1: 0.05mg (3.62%), Vitamin K: 3.26µg (3.1%), Vitamin B3: 0.43mg (2.13%)