



## Small Black Forest Cake

READY IN



72 min.

SERVINGS



4

CALORIES



952 kcal

DESSERT

## Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 0.6 teaspoons double-acting baking powder
- ☐ 14.5 ounce cherries pitted canned
- ☐ 4 servings chocolate syrup and a cherry stemmed
- ☐ 0.3 cup hershey's cocoa powder dark
- ☐ 0.5 cup confectioners' sugar
- ☐ 2 tablespoons cornstarch
- ☐ 3 large eggs separated at room temperature
- ☐ 0.3 cup flour all-purpose (1.7 ounces)

- ☐ 0.5 scant cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 2.5 cups heavy whipping cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

## Equipment

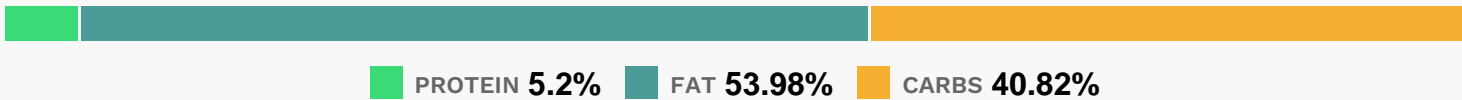
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

## Directions

- ☐ Preheat oven to 350 degrees F. Grease a 10×15 inch pan and line with wax paper. Grease and flour the wax paper. Sift together the flour, cocoa powder and baking powder, then stir in the salt. Set aside. In a bowl, beat the egg whites until foamy, then gradually add the sugar, beating until soft peaks form. In a second bowl, beat the egg yolks until thick and lemon colored. Beat in the vanilla, then stir the egg yolks into the whites. Fold the flour mixture into the egg mixture.
- ☐ Spread the mixture evenly across the pan. It will seem thin, but will puff up in the oven.
- ☐ Bake for 12 minutes or until layers appear set. Loosen from the edges with a knife, and then carefully turn onto a wire rack.
- ☐ Remove pan and carefully peel away the paper.
- ☐ Let cool completely. Prepare the filling.
- ☐ Drain cherries, reserving 1/4 cup juice.

- ☐ Combine reserved 1/4 cup juice, cherries, 1/2 cup sugar and cornstarch in a saucepan. Cook over medium heat until thickened, stirring constantly.
- ☐ Remove from heat and let cool slightly. Stir in extracts and let cool completely. Prepare the whipped cream.
- ☐ Combine whipping cream and confectioner's sugar in a large mixing bowl. Beat with an electric mixer at high speed until stiff peaks form. Beat in vanilla. Assemble the cake.
- ☐ Cut the cake into 6 squares. Put one square on a cake plate and spread about 3 tablespoons to 1/4 cup of whipped cream over it. Spoon about 3 tablespoon of the cherry filling across it. Repeat, layering squares of cake, whipped cream and filling, until you have a stack. Cover the entire stack with whipped cream. Decorate by piping more whipped cream around edges, or garnish with chocolate syrup and a stemmed cherry.

## Nutrition Facts



## Properties

Glycemic Index:82.3, Glycemic Load:25.15, Inflammation Score:-9, Nutrition Score:17.636086899301%

## Flavonoids

Cyanidin: 31.05mg, Cyanidin: 31.05mg, Cyanidin: 31.05mg, Cyanidin: 31.05mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 7.96mg, Catechin: 7.96mg, Catechin: 7.96mg, Catechin: 7.96mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 15.7mg, Epicatechin: 15.7mg, Epicatechin: 15.7mg, Epicatechin: 15.7mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 951.74kcal (47.59%), Fat: 58.82g (90.49%), Saturated Fat: 36.08g (225.5%), Carbohydrates: 100.08g (33.36%), Net Carbohydrates: 94.64g (34.41%), Sugar: 77.56g (86.18%), Cholesterol: 307.59mg (102.53%), Sodium: 336.15mg (14.62%), Alcohol: 0.56g (100%), Alcohol %: 0.18% (100%), Caffeine: 14.76mg (4.92%), Protein: 12.75g (25.5%), Vitamin A: 2454.9IU (49.1%), Vitamin B2: 0.57mg (33.27%), Phosphorus: 295.91mg (29.59%), Selenium: 20.31µg (29.01%), Copper: 0.53mg (26.55%), Manganese: 0.5mg (25.21%), Fiber: 5.43g (21.74%), Vitamin D: 3.13µg (20.87%), Magnesium: 81.24mg (20.31%), Calcium: 183.66mg (18.37%), Iron: 3.24mg (18.01%), Potassium: 604.35mg (17.27%), Vitamin E: 1.85mg (12.35%), Vitamin B5: 1.21mg (12.12%), Folate: 44.5µg (11.13%), Zinc: 1.63mg (10.89%),

Vitamin C: 8.17mg (9.9%), Vitamin B12: 0.57µg (9.53%), Vitamin B1: 0.14mg (9.45%), Vitamin B6: 0.18mg (8.94%),  
Vitamin K: 7.39µg (7.04%), Vitamin B3: 1mg (4.98%)