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## Black Forest Cake ♦♦

Black Forest cake, also known as Schwarzwälder Kirschtorte, is a classic German dessert. It consists of layers of chocolate sponge cake, whipped cream, and cherries. The cake is typically garnished with chocolate shavings and more cherries. It is a rich and indulgent dessert that is perfect for special occasions.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 45 mins

**Total Time:** 75 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

400 g	chocolate sponge cake
500 g	Whipped cream
200 g	cherries
50 g	Chocolate Shavings
50 ml	kirsch (cherry brandy)

# Directions

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## Step 1

Baking

Prepare the chocolate sponge cake according to the recipe instructions.

**Prep Time:** 15 mins

**Cook Time:** 30 mins

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## Step 2

Allow the cake to cool completely.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Cutting

Slice the cake horizontally into three equal layers.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Drain the cherries and reserve the juice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Brush each cake layer with the cherry juice and kirsch.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Spread a layer of whipped cream on the first cake layer.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Sprinkle some cherries on top of the whipped cream.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 8

Repeat steps 6 and 7 with the remaining cake layers.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Cover the entire cake with whipped cream.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 10

Garnish the cake with chocolate shavings and cherries.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 11

Refrigerating

Refrigerate the cake for at least 4 hours before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 4 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas Easter Birthday Wedding Valentine's Day New Year  
Anniversary Graduation Back to School Barbecue Picnic

### Cuisines

Italian Chinese Mexican French Japanese Middle Eastern

### Nutritional Content

Low Calorie Low Fat

### Course

Desserts

### Meal Type

Lunch Dinner

### Difficulty Level

Easy

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