

# Low-Carb Black Forest Chocolate Cake

Hands-on 45 minutes Overall 4 hours

**Nutritional values (per serving):** Total carbs: 12.5 g, Fiber: 3.3 g, **Net carbs: 9.2 g**,

Protein: 11.3 g, Fat: 44.6 g, Calories: 484 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 16 servings)

### Cake base:

- 150 g unsweetened extra dark chocolate such as 99% Lindt (5.3 oz)
- 125 g butter (4.5 oz)
- 2 cups almond flour (200 g/ 7.1 oz)
- 1/2 cup coconut flour (60 g/ 2.1 oz)
- 1/4 cup whey protein powder (isolate) or egg white protein powder (25 g/ 0.9 oz)
- 1/4 cup raw cacao powder or Dutch process cocoa powder (22 g/ 0.8 oz)
- 2 tsp cream of tartar (see note below)
- 1 tsp baking soda
- pinch of sea salt
- 6 large eggs
- 1 1/2 cups granulated Erythritol or Swerve (300 g/ 10.6 oz)
- 1/2 cup full-fat 10% yogurt (125 g/ 4.5 oz)
- 1 tbsp sugar-free vanilla extract or 1 tsp vanilla bean powder

### Filling:

- 1 recipe Low-Carb Amarenata - makes about 1 1/2 cups
- 3 cups heavy whipping cream (720 ml/ fl oz)
- 1 1/4 cups mascarpone cheese or full-fat cream cheese (300 g/ 10.6 oz)
- Optional:* low-carb sweetener such as powdered Erythritol or Swerve, monk fruit or stevia drops, to taste
- Optional:* 16-20 large fresh cherries or grated dark chocolate for topping

*Note: Instead of cream of tartar and baking soda, you could use 4 teaspoons of gluten-free baking powder. 1 teaspoon of baking powder = 1/2 teaspoon of cream of tartar + 1/4 teaspoon of baking soda. The remaining 1/4 in baking powders is usually made of anti-caking agents*

*like corn starch or other starches. That's why I prefer using cream of tartar and baking soda.*

## Instructions

1. Start by making the Low-Carb Amarenata - follow these instructions.
2. Depending on your palate, you may not need to use any sweeteners in the Amarenata. In this batch I skipped the arrowroot to keep the Amarenata syrup runny. Once ready, set aside (it will take about 30 minutes to cook).
3. While your Amarenata is cooking, prepare the chocolate brownie cake base. Preheat the oven to 160 °C/ 320 °F. Place a bowl over a pot of water and bring to boil. Keep on low heat and make sure the water doesn't touch the bowl (or use a double boiler). Place the dark chocolate into the bowl and let it melt gently.
4. When melted, take off the heat. Add the butter cut into pieces and let it melt while stirring.
5. In another bowl, combine the almond flour, coconut flour, whey protein powder, cocoa powder, cream of tartar, baking soda and salt.
6. In a third bowl, use a hand mixer or a hand whisk to mix the eggs, Erythritol, yogurt and vanilla extract.
7. To the same bowl, add the melted dark chocolate and process until smooth and creamy.
8. Add the dry ingredients and process until well combined.
9. Place the brownie batter into a lined spring form. I used one spring form and one same sized baking dish (18 cm/ 7 inch in diameter each) and pour about *two thirds* of the batter in the spring form (this will be cut in half) and the *remaining third* in the lined baking dish.
10. Bake for 30-40 minutes, or until set and a wooden skewer inserted in the cake comes out clean. Time to bake depends on the thickness (the smaller sponge will take less time to

bake).

11. When done, remove from the oven and let it cool down *completely* before cutting and assembling the cake. Once cooled, use a large sharp knife to cut the thicker cake base widthwise in half.
12. In order for the Amarenata to get absorbed by the cake, use a wooden skewer to poke a few holes in the crispy top parts of the cake.
13. To make the filling, in a bowl, beat the cream and mascarpone. Optionally, add sweetener to taste. I skipped sweetener in mine.
14. Start assembling the cake (*note: you have 3 chocolate cake layers, and you will need to divide the amarenata in 3 parts and the cream in 3 parts*). Place the first cake layer, cut side up, on a cake tray. Spread about 2 tablespoons of the Amarenata syrup (without cherry pieces) on top and let it soak in. Add about a third of the mascarpone-cream topping.
15. Top with about a third of the Amarenata.
16. Add the second cake layer, cut side down and repeat the process: top with about 2 tablespoons of the Amarenata syrup, a third of the cream and a third of the Amarenata.
17. Top with the third and last cake layer. Add the remaining Amarenata and let the syrup soak in.
18. Spread the mascarpone-cream layer on top. Optionally, decorate with fresh cherries and refrigerate for at least 2 hours to set before slicing.
19. Slice and serve!
20. The cake can be stored in the fridge for up to 5 days.

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