



## Angel Food Cake and Strawberry Cream Roll

READY IN



55 min.

SERVINGS



10

CALORIES



332 kcal

DESSERT

### Ingredients

- ☐ 16 ounce angel food cake mix betty crocker® (such as )
- ☐ 1.5 tablespoons confectioners' sugar
- ☐ 1 pint heavy whipping cream
- ☐ 2 strawberries whole
- ☐ 1.3 cups water cold

### Equipment

- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ kitchen towels

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 17x11 3/8x3/4-inch jelly roll pan; line the bottom with waxed paper. Sift 2 tablespoons confectioners' sugar onto a clean kitchen towel at least the same size as jelly roll pan.
- ☐ Beat cake mix and cold water with an electric mixer on Low in a large glass or metal bowl for 30 seconds; increase to Medium speed and beat for 1 minute.
- ☐ Pour 3/4 the batter into the prepared jelly roll pan.
- ☐ Bake in the preheated oven until cake is firm to the touch, 15 to 17 minutes. Loosen cake from pan and turn onto the floured towel; peel off waxed paper. Carefully trim any browned edges.
- ☐ Roll cake in the towel, starting from the narrow end; cool on a wire rack with seam side down for 20 minutes.
- ☐ Toss sliced strawberries with 2 tablespoons confectioners' sugar in a bowl until coated.
- ☐ Beat cream in a glass or metal bowl until foamy. Gradually add 1 1/2 tablespoons confectioners' sugar, continuing to beat until soft peaks form. Lift your beater or whisk straight up: whipped cream will form soft mounds. Measure 1 1/2 cups whipped cream and set aside. Fold sliced strawberries into the remaining whipped cream.
- ☐ Unroll the cooled cake and spread strawberry-whipped cream mixture onto cake, leaving 1/2-inch border of cake exposed.
- ☐ Roll cake (without towel) around whipped cream layer.
- ☐ Transfer rolled cake, seam side down, to a serving platter.
- ☐ Stir food coloring into the reserved 1 1/2 cups whipped cream until pink. Frost the outside of rolled cake with pink whipped cream.
- ☐ Garnish with whole strawberries.

## Nutrition Facts



 **PROTEIN 5.03%**  **FAT 45.68%**  **CARBS 49.29%**

Properties

Glycemic Index:4, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:4.4782608747482%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 332.33kcal (16.62%), Fat: 17.21g (26.48%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 41.52g (15.1%), Sugar: 30.49g (33.88%), Cholesterol: 53.47mg (17.82%), Sodium: 387.16mg (16.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Phosphorus: 180.88mg (18.09%), Vitamin A: 695.86IU (13.92%), Vitamin B2: 0.21mg (12.4%), Selenium: 7.15µg (10.22%), Calcium: 101.91mg (10.19%), Folate: 21.52µg (5.38%), Vitamin D: 0.76µg (5.05%), Manganese: 0.07mg (3.71%), Vitamin E: 0.44mg (2.95%), Copper: 0.05mg (2.69%), Potassium: 89.92mg (2.57%), Vitamin B5: 0.24mg (2.43%), Magnesium: 8.91mg (2.23%), Vitamin C: 1.7mg (2.05%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.61µg (1.54%), Zinc: 0.19mg (1.28%), Fiber: 0.27g (1.1%), Vitamin B6: 0.02mg (1.09%)