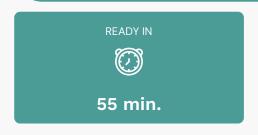


Angel Food Cake and Strawberry Cream Roll







DESSERT

Ingredients

	16 ounce	angel food	cake mix	betty crocker®	(such as))
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- 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
Di	rections
	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 11/2 tablespoons confectioners' sugar, continuing to beat until soft peaks form. Lift your beater or whisk straight up: whipped cream will form soft mounds. Measure 11/2 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 11/2 cups whipped cream until pink. Frost the outside of rolled cake with pink whipped cream.
	Garnish with whole strawberries.

Nutrition Facts

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, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.05mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Pelargonidin: 0.01mg, Naringenin: 0.01mg, Naringen

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 %: O% (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%)