

Angel Food Cake Roll

READY IN



35 min.

SERVINGS



10

CALORIES



237 kcal

DESSERT

Ingredients

- 16 ounces angel food cake mix
- 5 teaspoons powdered sugar
- 1 ounce vanilla pudding mix sugar-free instant
- 3 drops food coloring red
- 8 ounces strawberry yogurt
- 2 cups non-dairy whipped topping reduced-fat

Equipment

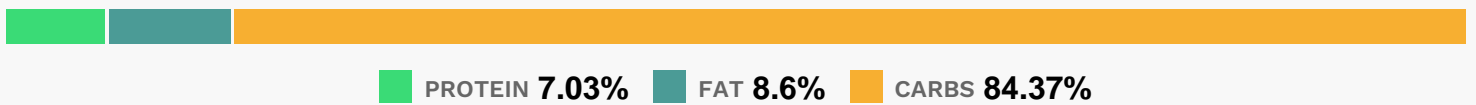
- bowl

- frying pan
- oven
- whisk
- wire rack
- baking pan
- kitchen towels

Directions

- Line a 15x10x1-in. baking pan with waxed paper. Prepare cake according to package directions.
- Pour batter into prepared pan.
- Bake at 350° for 15–20 minutes or until cake springs back when lightly touched. Cool for 5 minutes.
- Turn cake onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper.
- Roll up jelly-roll style in the towel, starting with a short side. Cool on a wire rack.
- In a large bowl, whisk the yogurt, pudding mix and food coloring if desired. Fold in whipped topping.
- Unroll cake; spread filling evenly over cake to within 1/2 in. of edges.
- Roll up. Cover and freeze.
- Remove from freezer 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.1108695521303%

Nutrients (% of daily need)

Calories: 236.76kcal (11.84%), Fat: 2.29g (3.53%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 50.25g (18.27%), Sugar: 36.24g (40.26%), Cholesterol: 2.34mg (0.78%), Sodium: 517.64mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Phosphorus: 181.65mg (18.17%), Calcium:

104.55mg (10.46%), Vitamin B2: 0.18mg (10.33%), Selenium: 6.08µg (8.69%), Folate: 19.5µg (4.88%), Manganese: 0.06mg (3.22%), Vitamin B12: 0.17µg (2.84%), Potassium: 96.59mg (2.76%), Copper: 0.04mg (2.21%), Magnesium: 6.04mg (1.51%), Vitamin B5: 0.12mg (1.2%), Fiber: 0.29g (1.18%)