



Birthday Cake Roll

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



214 kcal

Ingredients

- ☐ 0.7 cup cake flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 eggs separated
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla
- ☐ 2 tablespoons rainbow-colored candy
- ☐ 1 cup strawberry jam

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Heat oven to 375°F. Spray 15x10x1-inch pan with cooking spray. Line pan with parchment paper; spray paper.
- ☐ In medium bowl, stir together flour and baking powder; set aside.
- ☐ In large bowl, beat egg yolks with whisk until smooth and creamy. Gradually add 1/2 cup of the sugar in a steady stream, beating until well mixed. Stir in vanilla. Gradually add flour mixture, beating until well blended. Stir in decors. Set aside.
- ☐ In second large bowl, beat egg whites with electric mixer on high speed until soft peaks form. Gradually add remaining 1/4 cup sugar, beating until stiff peaks form.
- ☐ Using rubber spatula, fold beaten egg whites into cake batter until thoroughly blended.
- ☐ Pour batter evenly into pan.
- ☐ Bake 12 to 15 minutes or until cake is golden brown and feels spongy when touched lightly in center.
- ☐ Remove cake from oven. Immediately turn cake over onto clean kitchen towel.
- ☐ Remove parchment paper. Starting with one short side of cake, roll cake and towel together tightly. Cool completely on cooling rack, about 30 minutes.
- ☐ Unroll cake and remove towel.
- ☐ Spread jam evenly over cake.
- ☐ Roll up cake.
- ☐ Cut into slices to serve.

Nutrition Facts



 **PROTEIN 7.43%**  **FAT 8.41%**  **CARBS 84.16%**

Properties

Glycemic Index:28.41, Glycemic Load:27.17, Inflammation Score:-1, Nutrition Score:3.4391304335516%

Nutrients (% of daily need)

Calories: 213.56kcal (10.68%), Fat: 1.99g (3.06%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 44.17g (16.06%), Sugar: 31.65g (35.17%), Cholesterol: 67.22mg (22.41%), Sodium: 79.58mg (3.46%), Alcohol: 0.28g (100%), Alcohol %: 0.44% (100%), Protein: 3.95g (7.9%), Selenium: 9.85µg (14.08%), Vitamin B2: 0.12mg (6.94%), Phosphorus: 66.22mg (6.62%), Vitamin B12: 0.29µg (4.8%), Manganese: 0.09mg (4.58%), Calcium: 43.63mg (4.36%), Folate: 15.12µg (3.78%), Vitamin C: 3.06mg (3.71%), Iron: 0.62mg (3.46%), Vitamin B5: 0.34mg (3.41%), Copper: 0.07mg (3.34%), Vitamin B6: 0.05mg (2.6%), Vitamin D: 0.35µg (2.35%), Zinc: 0.35mg (2.35%), Fiber: 0.57g (2.3%), Potassium: 74.59mg (2.13%), Vitamin A: 97.04IU (1.94%), Vitamin E: 0.26mg (1.73%), Magnesium: 6.68mg (1.67%), Vitamin B1: 0.02mg (1.52%), Vitamin B3: 0.27mg (1.36%)