



Caramel Banana Cake Roll

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

DESSERT

Ingredients

- 3 large egg whites room temperature
- 2 large eggs room temperature
- 0.8 cup sugar divided
- 1 teaspoon vanilla extract
- 1 cup cake flour
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.3 teaspoon double-acting baking powder
- 0.5 cup banana ripe mashed (1 medium)

- 1 teaspoon lemon zest grated
- 1 tablespoon powdered sugar
- 4 ounces cream cheese reduced-fat
- 0.5 cup brown sugar packed
- 0.5 teaspoon vanilla extract
- 1 cup non-dairy whipped topping reduced-fat
- 1 tablespoon powdered sugar
- 2 tablespoons mrs richardson's butterscotch caramel sauce fat-free

Equipment

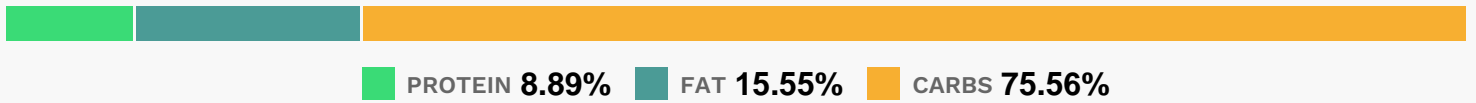
- bowl
- frying pan
- oven
- wire rack
- baking pan
- kitchen towels

Directions

- Line a greased 15x10x1-in. baking pan with waxed paper; grease the paper and set aside.
- In a large bowl, beat egg eggs on high speed for 5 minutes or until thick and lemon-colored. Gradually beat in 1/2 cup sugar. Stir in vanilla. Sift flour, baking soda, salt and baking powder together twice; gradually add to egg mixture and mix well (batter will be very thick). Stir in banana and lemon zest.
- In a large bowl with clean beaters, beat egg whites on medium speed until soft peaks form. Gradually beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Gradually fold into batter.
- Spread evenly into prepared pan.
- Bake at 375° for 12-15 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Invert onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper.

- Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.
- For filling, in a large bowl, beat cream cheese and brown sugar until smooth. Beat in vanilla; fold in whipped topping. Unroll cake; spread filling over cake to within 1/2 in. of edges.
- Roll up again; place seam side down on a serving platter. Cover and refrigerate for at least 1 hour before serving.
- Just before serving, sprinkle with confectioners' sugar and drizzle with caramel topping. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:35.48, Glycemic Load:21.5, Inflammation Score:-1, Nutrition Score:4.3743477930193%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 283.91kcal (14.2%), Fat: 4.96g (7.63%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 53.55g (19.47%), Sugar: 41.33g (45.92%), Cholesterol: 54.34mg (18.11%), Sodium: 344.54mg (14.98%), Alcohol: 0.26g (100%), Alcohol %: 0.29% (100%), Protein: 6.37g (12.75%), Selenium: 13.76µg (19.66%), Vitamin B2: 0.17mg (9.83%), Manganese: 0.17mg (8.49%), Phosphorus: 77.62mg (7.76%), Calcium: 60.24mg (6.02%), Vitamin B12: 0.28µg (4.68%), Vitamin B5: 0.46mg (4.62%), Potassium: 154.66mg (4.42%), Folate: 16.65µg (4.16%), Vitamin B6: 0.08mg (3.83%), Vitamin A: 163.62IU (3.27%), Magnesium: 12.74mg (3.19%), Copper: 0.06mg (3.09%), Iron: 0.55mg (3.07%), Zinc: 0.41mg (2.73%), Fiber: 0.65g (2.58%), Vitamin D: 0.29µg (1.95%), Vitamin E: 0.29mg (1.94%), Vitamin B1: 0.03mg (1.91%), Vitamin B3: 0.29mg (1.44%), Vitamin C: 1.16mg (1.41%)