



Cheese Roulade with Caramel Chocolate Glaze



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp cocoa powder sifted
- ☐ 6 oz whipped cream
- ☐ 3.5 oz chocolate white
- ☐ 6 eggs
- ☐ 1 tsp coffee instant
- ☐ 3.5 oz chocolate
- ☐ 2 tbsp cooking oil
- ☐ 5 tbsp potato flour plus more for sprinkling

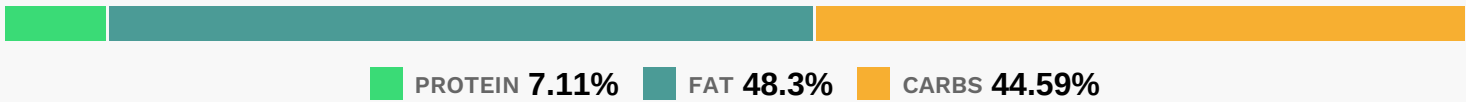
- ☐ 0.8 cup sugar
- ☐ 1 tsp water

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Cheese Roulade with Caramel Chocolate Glaze
- ☐ Cake Ingredients6 eggs6 tbsp sugar5 tbsp potato starch, plus more for sprinkling1 tbsp cocoa, sifted2 tbsp oil
- ☐ Filling Ingredients6 oz whipped cream cheese3/4 cup sugar1 bar (3 1/2 oz) milk chocolate
- ☐ Topping Ingredients2 bars (3 1/2 oz) white chocolate1 tsp instant coffee granules1–2 tsp water
- ☐ Servings: 12
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:15.05, Inflammation Score:-2, Nutrition Score:4.3247825924469%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 236.35kcal (11.82%), Fat: 13.17g (20.26%), Saturated Fat: 6.12g (38.28%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 26.53g (9.65%), Sugar: 22.95g (25.5%), Cholesterol: 94.35mg (31.45%), Sodium: 43.24mg (1.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.11mg (3.04%), Protein: 4.36g (8.72%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.16mg (9.3%), Phosphorus: 92.04mg (9.2%), Vitamin E: 0.84mg (5.6%), Magnesium: 19.22mg (4.81%), Calcium: 48.07mg (4.81%), Vitamin B12: 0.28µg (4.72%), Copper: 0.09mg (4.72%), Vitamin B5: 0.45mg (4.54%), Vitamin A: 218.38IU (4.37%), Iron: 0.76mg (4.21%), Potassium: 142.23mg (4.06%), Vitamin B6:

0.08mg (3.88%), Manganese: 0.08mg (3.87%), Zinc: 0.57mg (3.81%), Fiber: 0.83g (3.34%), Vitamin D: 0.5µg (3.31%),
Folate: 12.57µg (3.14%), Vitamin K: 3.29µg (3.13%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.29mg (1.47%)