



Chocolate Cake Roll

 Dairy Free

READY IN



37 min.

SERVINGS



10

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 0.3 cup pillsbury best® all purpose flour
- ☐ 5 large eggs separated
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup strawberries sliced
- ☐ 0.3 cup smucker's® strawberry preserves divided
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 1.5 cups non-dairy whipped topping frozen thawed

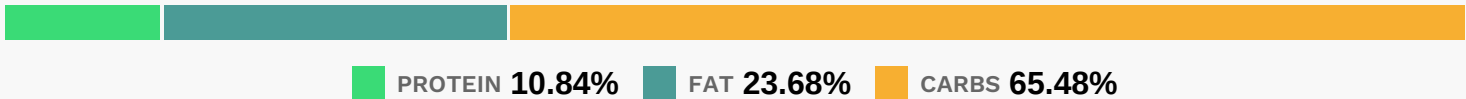
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ wax paper

Directions

- ☐ HEAT oven to 350F. Line 15x10-inch jelly roll pan with wax paper. Coat with no-stick cooking spray with flour.
- ☐ BEAT egg yolks in medium bowl with electric mixer on high speed until lemon colored. Gradually beat in sugar.
- ☐ Add flour, cocoa and vanilla. Blend until smooth. Beat egg whites in small bowl until stiff, but not dry. Fold into chocolate mixture.
- ☐ Spread evenly in prepared pan.
- ☐ BAKE 15 to 17 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Invert pan onto towel dusted with powdered sugar.
- ☐ Remove wax paper.
- ☐ Roll up with towel from short end. Cool completely.
- ☐ COMBINE whipped topping and 1/3 cup preserves. Unroll cake.
- ☐ Spread with topping mixture. Re-roll without towel. Chill 30 minutes.
- ☐ STIR 3 tablespoons preserves with strawberries.
- ☐ Cut cake roll into slices. Top with strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:9.77, Inflammation Score:-2, Nutrition Score:4.9456521894621%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 157.08kcal (7.85%), Fat: 4.24g (6.53%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 25.11g (9.13%), Sugar: 19.9g (22.11%), Cholesterol: 93.22mg (31.08%), Sodium: 48.09mg (2.09%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.95mg (1.65%), Protein: 4.37g (8.74%), Selenium: 9.66µg (13.8%), Vitamin C: 9.46mg (11.47%), Vitamin B2: 0.16mg (9.37%), Manganese: 0.17mg (8.61%), Phosphorus: 82.61mg (8.26%), Copper: 0.12mg (6.22%), Folate: 23.2µg (5.8%), Iron: 1.01mg (5.63%), Fiber: 1.29g (5.17%), Magnesium: 17.58mg (4.39%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.25µg (4.08%), Zinc: 0.53mg (3.54%), Vitamin D: 0.5µg (3.33%), Potassium: 113.46mg (3.24%), Calcium: 29.93mg (2.99%), Vitamin B1: 0.04mg (2.92%), Vitamin A: 145.05IU (2.9%), Vitamin B6: 0.06mg (2.89%), Vitamin E: 0.38mg (2.52%), Vitamin B3: 0.32mg (1.61%)