



Chocolate Cake Rolls

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cocoa
- ☐ 4 large eggs
- ☐ 0.5 cup water
- ☐ 18.3 ounce fudge cake mix

Equipment

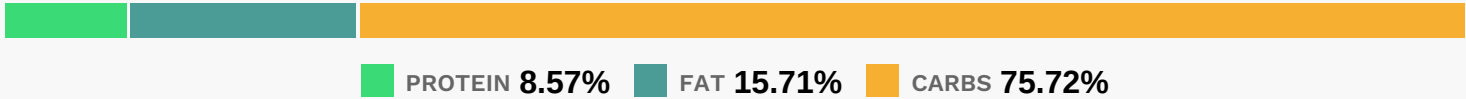
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Line 2 lightly greased 15- x 10-inch jellyroll pans with wax paper; lightly grease paper.
- ☐ Beat eggs in a large bowl at medium-high speed with an electric mixer 5 minutes.
- ☐ Add 1/2 cup water, beating at low speed just until blended. Gradually add cake mix, beating at low speed just until moistened. Beat at medium speed 2 minutes. Divide batter in half; spread evenly into prepared pan. (
- ☐ Layers will be thin.)
- ☐ Bake each cake at 350 on the middle rack in separate ovens for 13 minutes or until cake springs back when lightly touched in the center. (If you don't have a double oven, set 1 pan aside.)
- ☐ Sift 1 to 2 tablespoons cocoa in a 15- x 10-inch rectangle on a cloth towel; repeat with second towel. When cakes are done, immediately loosen from sides of pans, and turn each out onto a prepared towel. Peel off wax paper. Starting at narrow end, roll up each cake and towel together; place cakes, seam sides down, on wire racks. Cool cakes completely.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0956521837608%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 111.67kcal (5.58%), Fat: 1.97g (3.04%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 20.93g (7.61%), Sugar: 10.93g (12.15%), Cholesterol: 37.2mg (12.4%), Sodium: 193.87mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Phosphorus: 110.65mg (11.06%), Selenium: 5.37µg (7.67%), Calcium: 63.07mg (6.31%), Vitamin B2: 0.1mg (6.06%), Folate: 22.97µg (5.74%), Iron: 0.75mg (4.16%), Vitamin B1: 0.06mg (4.04%), Manganese: 0.08mg (3.75%), Vitamin B3: 0.64mg (3.18%), Copper: 0.05mg (2.4%),

Vitamin B5: 0.23mg (2.31%), Vitamin E: 0.33mg (2.2%), Zinc: 0.28mg (1.88%), Fiber: 0.47g (1.88%), Magnesium: 6.6mg (1.65%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%), Vitamin B6: 0.02mg (1.24%), Vitamin A: 54IU (1.08%), Potassium: 37.44mg (1.07%)