



Chocolate-Cannoli Roll

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



515 kcal

Ingredients

- ☐ 6 ounces chocolate chips
- ☐ 0.3 cup cocoa powder
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 tablespoon plus light
- ☐ 6 eggs separated
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup heavy cream
- ☐ 1 cup heavy cream

- ☐ 10 servings pistachios chopped
- ☐ 1 cup ricotta cheese
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract

Equipment

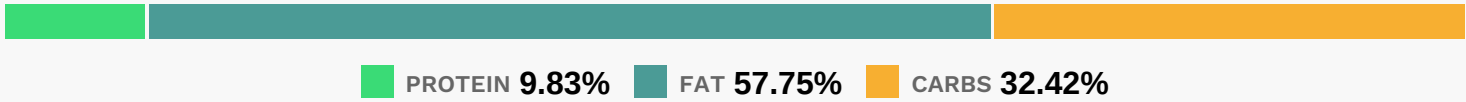
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375F. Grease a 15-by-10-inch jelly-roll pan; line with parchment paper.
- ☐ Make chocolate roll: Using an electric mixer, beat egg yolks and 1/2 cup granulated sugar for 4 minutes.
- ☐ Add cocoa and vanilla; mix at low speed.
- ☐ Beat egg whites and salt in a bowl at medium speed for 2 minutes.
- ☐ Add 1/4 cup granulated sugar; beat at high speed until stiff. Fold one-third of egg whites into cocoa mixture; fold in remaining whites; blend. Scrape batter evenly into pan.
- ☐ Bake until springy, about 15 minutes.
- ☐ Sprinkle confectioners' sugar on cake, run a knife around edges, cover with a towel and invert.
- ☐ Remove parchment.
- ☐ Roll up from a long side in towel.
- ☐ Make filling: Using a mixer, beat cream, sugar and vanilla until stiff. Fold in ricotta.
- ☐ Make glaze: Melt chocolate in cream. Beat in corn syrup.
- ☐ Gently unroll cooled cake. Evenly spread ricotta filling; roll from a long side.

- ☐ Spread on chocolate glaze.
- ☐ Sprinkle pistachios on roll, if desired.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:12.787826144177%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 5.86mg, Epicatechin: 5.86mg, Epicatechin: 5.86mg, Epicatechin: 5.86mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 514.8kcal (25.74%), Fat: 34.48g (53.05%), Saturated Fat: 14.55g (90.94%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 39.61g (14.4%), Sugar: 34.35g (38.17%), Cholesterol: 144.47mg (48.16%), Sodium: 72.76mg (3.16%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.59mg (2.2%), Protein: 13.2g (26.4%), Vitamin B6: 0.55mg (27.27%), Phosphorus: 266.98mg (26.7%), Copper: 0.5mg (25.09%), Manganese: 0.46mg (22.84%), Selenium: 15.1µg (21.57%), Vitamin B1: 0.27mg (17.79%), Vitamin B2: 0.28mg (16.52%), Vitamin A: 806.45IU (16.13%), Fiber: 3.94g (15.78%), Magnesium: 56.23mg (14.06%), Potassium: 470.92mg (13.45%), Calcium: 131.5mg (13.15%), Iron: 2.09mg (11.63%), Zinc: 1.52mg (10.15%), Vitamin E: 1.23mg (8.17%), Folate: 31.77µg (7.94%), Vitamin D: 1.05µg (7.02%), Vitamin B5: 0.69mg (6.86%), Vitamin B12: 0.37µg (6.11%), Vitamin B3: 0.49mg (2.46%), Vitamin C: 1.75mg (2.12%), Vitamin K: 1.38µg (1.31%)