



Chocolate-Cinnamon Cake Roll

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup water
- ☐ 1 teaspoon rum / brandy / coffee liqueur
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt

- ☐ 1 serving cocoa powder unsweetened
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1 cup whipping cream
- ☐ 3 tablespoons powdered sugar
- ☐ 1 tablespoon rum / brandy / coffee liqueur
- ☐ 1 teaspoon ground cinnamon

Equipment

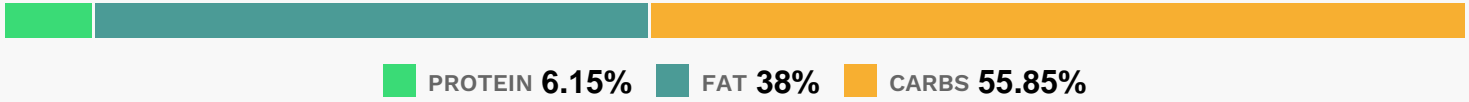
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Line 15x10x1-inch pan with foil; generously grease. In large bowl, beat eggs with electric mixer on high speed about 5 minutes until thick and lemon colored. Gradually beat in granulated sugar. Beat in water and 1 teaspoon liqueur on low speed. Gradually add flour, 1/4 cup cocoa, the baking powder and salt, beating just until batter is smooth.
- ☐ Pour into pan.
- ☐ Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Run knife around edge of pan to loosen cake; turn upside down onto towel sprinkled generously with cocoa. Carefully remove foil. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end. Cool on cooling rack at least 30 minutes.
- ☐ Unroll cake carefully and remove towel.
- ☐ Sprinkle 2 tablespoons liqueur over cake.

- ☐ In chilled small bowl, beat all whipped cream ingredients with electric mixer on high speed until stiff peaks form.
- ☐ Spread over cake; roll up.
- ☐ Sprinkle with cocoa if desired. Refrigerate until serving time. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:19.24, Inflammation Score:-4, Nutrition Score:4.7404347995053%

Flavonoids

Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epicatechin: 4.42mg, Epicatechin: 4.42mg, Epicatechin: 4.42mg, Epicatechin: 4.42mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 243.24kcal (12.16%), Fat: 10.33g (15.89%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 32.96g (11.99%), Sugar: 25.46g (28.29%), Cholesterol: 76mg (25.33%), Sodium: 127.43mg (5.54%), Alcohol: 1.09g (100%), Alcohol %: 1.62% (100%), Caffeine: 5.18mg (1.73%), Protein: 3.76g (7.52%), Selenium: 8.41µg (12.01%), Manganese: 0.19mg (9.51%), Vitamin B2: 0.16mg (9.48%), Vitamin A: 421.73IU (8.43%), Phosphorus: 75.47mg (7.55%), Folate: 25.04µg (6.26%), Iron: 1.08mg (5.97%), Copper: 0.11mg (5.72%), Vitamin B1: 0.09mg (5.7%), Calcium: 53.39mg (5.34%), Fiber: 1.19g (4.77%), Vitamin D: 0.64µg (4.3%), Magnesium: 16.85mg (4.21%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.16µg (2.59%), Vitamin E: 0.37mg (2.47%), Potassium: 86.46mg (2.47%), Vitamin B6: 0.04mg (1.89%)