



Chocolate-Filled Cake Roll

READY IN



205 min.

SERVINGS



12

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons chocolate chips miniature
- ☐ 3 eggs
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 package chocolate pudding fat-free sugar-free instant (4-serving size)
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 1 cup cool whip fat-free frozen thawed ()

Equipment

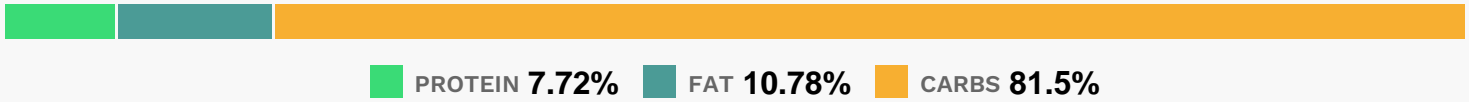
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ toothpicks
- ☐ kitchen towels

Directions

- ☐ Heat oven to 37
- ☐ Line jelly roll pan, 15 1/2x10 1/2x1 inch, with waxed paper. Grease waxed paper with shortening; lightly flour.
- ☐ Sprinkle powdered sugar evenly over clean dish towel in a rectangle the same size as the pan.
- ☐ Beat eggs with balloon whisk or electric mixer with regular beaters on medium speed about 3 minutes or until thick and lemon colored. Beat in granulated sugar, water and vanilla. Beat in flour, baking powder and salt on low speed, mixing just until combined.
- ☐ Pour into pan.
- ☐ Sprinkle with chocolate chips.
- ☐ Bake 11 to 13 minutes or until toothpick inserted in center comes out clean and top is just beginning to brown. Run knife around edges of pan to loosen cake. Immediately turn pan upside down onto sugared towel; carefully peel off waxed paper.
- ☐ Place clean sheet of waxed paper over top of hot cake; gently roll up cake in towel starting with one long side. Cool at least 45 minutes.

Stir pudding mix (dry) and milk in medium bowl with wire whisk or fork 1 to 2 minutes or until thickened. Fold in whipped topping. Unroll cake and spread filling to within 1/2 inch of edges. Reroll cake. Wrap in plastic wrap; refrigerate at least 2 hours for filling to set. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:17.8, Inflammation Score:-1, Nutrition Score:4.0043478046098%

Nutrients (% of daily need)

Calories: 187.72kcal (9.39%), Fat: 2.27g (3.49%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 37.9g (13.78%), Sugar: 28.21g (31.35%), Cholesterol: 42.91mg (14.3%), Sodium: 229.08mg (9.96%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 3.65g (7.31%), Selenium: 7.82µg (11.17%), Vitamin B2: 0.18mg (10.32%), Phosphorus: 72.21mg (7.22%), Vitamin B1: 0.11mg (7.18%), Calcium: 65.32mg (6.53%), Folate: 25.94µg (6.49%), Manganese: 0.11mg (5.29%), Vitamin B12: 0.31µg (5.15%), Iron: 0.86mg (4.77%), Vitamin B3: 0.69mg (3.45%), Vitamin D: 0.44µg (2.96%), Vitamin B5: 0.29mg (2.89%), Copper: 0.06mg (2.78%), Fiber: 0.66g (2.65%), Magnesium: 10.36mg (2.59%), Zinc: 0.38mg (2.53%), Potassium: 87mg (2.49%), Vitamin A: 117.59IU (2.35%), Vitamin B6: 0.04mg (2.19%)