



Chocolate Roll



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



363 kcal

DESSERT

Ingredients

- ☐ 6 large eggs separated
- ☐ 0.8 cup granulated sugar divided
- ☐ 0.5 cup powdered sugar
- ☐ 8 servings garnishes: powdered sugar mixed fresh
- ☐ 1 pinch salt
- ☐ 0.8 cup cocoa unsweetened divided
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 2.5 teaspoons vanilla extract divided

- ☐ 1.5 cups whipping cream

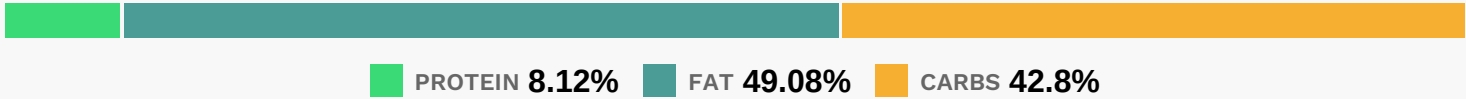
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Grease bottom and sides of a 15- x 10-inch jellyroll pan; line with wax paper. Grease wax paper and dust with cocoa. Set prepared pan aside.
- ☐ Beat egg yolks at high speed with an electric mixer until foamy. Gradually add 1/4 cup granulated sugar, beating until thick and pale. Gradually stir in 1/2 cup cocoa, 1 1/2 teaspoons vanilla, and pinch of salt, beating until well blended.
- ☐ Beat egg whites until soft peaks form; gradually add remaining 1/2 cup granulated sugar, beating until stiff peaks form. Fold gently into cocoa mixture.
- ☐ Spread batter evenly into prepared jellyroll pan.
- ☐ Bake at 375 for 12 to 15 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Sift 2 tablespoons cocoa in a 15- x 10-inch rectangle onto a cloth towel.
- ☐ Remove cake from oven, run a knife around edges of pan to loosen cake, and turn cake out onto prepared towel.
- ☐ Peel wax paper off cake; trim cake edges, and discard. Starting at a short end, roll up cake and towel together; place, seam side down, on a wire rack to cool.
- ☐ Beat whipping cream at low speed with electric mixer until foamy; add 1/2 cup powdered sugar, remaining 1/4 cup cocoa and remaining 1 teaspoon vanilla. Beat at high speed until soft peaks form.
- ☐ Unroll cake, and spread evenly with whipped cream mixture, leaving a 1-inch border around edges. Reroll cake without towel, and place, seam side down, on serving platter; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-6, Nutrition Score:9.2986956549727%

Flavonoids

Catechin: 6.04mg, Catechin: 6.04mg, Catechin: 6.04mg, Catechin: 6.04mg Epicatechin: 18.29mg, Epicatechin: 18.29mg, Epicatechin: 18.29mg, Epicatechin: 18.29mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 362.67kcal (18.13%), Fat: 21.01g (32.33%), Saturated Fat: 12.19g (76.18%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 37.79g (13.74%), Sugar: 35.63g (39.59%), Cholesterol: 189.93mg (63.31%), Sodium: 72.71mg (3.16%), Alcohol: 0.43g (100%), Alcohol %: 0.43% (100%), Caffeine: 21.42mg (7.14%), Protein: 7.82g (15.64%), Selenium: 14.39µg (20.55%), Copper: 0.39mg (19.41%), Manganese: 0.37mg (18.63%), Vitamin A: 858.49IU (17.17%), Phosphorus: 168.56mg (16.86%), Vitamin B2: 0.29mg (16.79%), Fiber: 3.45g (13.78%), Magnesium: 54.24mg (13.56%), Iron: 2.02mg (11.2%), Vitamin D: 1.46µg (9.76%), Zinc: 1.23mg (8.2%), Vitamin B5: 0.71mg (7.13%), Potassium: 238.23mg (6.81%), Vitamin B12: 0.41µg (6.75%), Calcium: 62.86mg (6.29%), Folate: 22.39µg (5.6%), Vitamin E: 0.81mg (5.42%), Vitamin B6: 0.09mg (4.53%), Vitamin B1: 0.03mg (2.09%), Vitamin K: 1.77µg (1.69%), Vitamin B3: 0.26mg (1.33%)