



Chocolate Roulade

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 5 tablespoons cake flour
- ☐ 1 Dash ground cloves
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 5 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.8 cup granulated sugar divided

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 Dash ground ginger
- ☐ 3 tablespoons powdered sugar divided
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

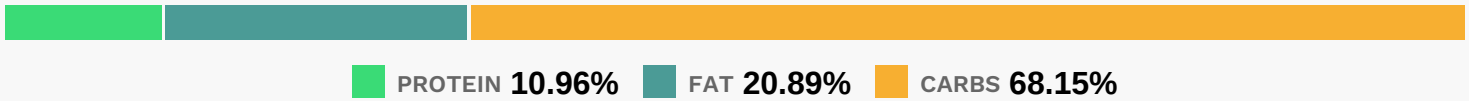
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 37
- ☐ Lightly coat a 15 x 10inch jelly-roll pan with cooking spray; line bottom with parchment paper. Coat paper with cooking spray; dust with breadcrumbs. Set aside.
- ☐ Sift together cocoa, flour, baking powder, baking soda, and salt into a medium bowl. Set aside.
- ☐ Place egg yolks in a medium mixing bowl; beat with a mixer at high speed 2 minutes. Gradually add 1/4 cup granulated sugar and vanilla, beating until thick and pale (about 2 minutes). Using clean, dry beaters, beat egg whites in a medium bowl at high speed until foamy. Gradually add remaining 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Gently stir one-third of egg white mixture into yolk mixture; gently fold in one-third of cocoa mixture. Repeat procedure twice.
- ☐ Pour batter into prepared pan, spreading evenly.

- ☐ Bake at 375 for 13 minutes or until cake springs back when touched lightly in center. Loosen the cake from sides of pan, and turn out onto a dish towel dusted with 2 tablespoons of powdered sugar. Carefully peel off parchment paper, and cool for 1 minute. Starting at narrow end, roll up cake and towel together.
- ☐ Place, seam side down, on a wire rack, and cool.
- ☐ Unroll cake carefully, and remove towel.
- ☐ Combine 2 cups whipped topping, 1/4 teaspoon ground cinnamon, ground ginger, and ground cloves in a bowl, stirring well.
- ☐ Spread whipped topping mixture evenly over cake, leaving a 1/2-inch border around outside edges. Reroll cake, and place seam side down on a platter. Cover and chill for 1 hour. Dust cake with the remaining 1 tablespoon powdered sugar.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:15.21, Inflammation Score:-3, Nutrition Score:6.0456521718398%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 194.76kcal (9.74%), Fat: 4.89g (7.52%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 32.91g (11.97%), Sugar: 26.61g (29.56%), Cholesterol: 46.28mg (15.43%), Sodium: 203.72mg (8.86%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.77g (11.54%), Manganese: 0.47mg (23.36%), Selenium: 10.56µg (15.08%), Copper: 0.3mg (14.95%), Fiber: 2.96g (11.85%), Magnesium: 42.48mg (10.62%), Phosphorus: 100.4mg (10.04%), Vitamin B2: 0.17mg (9.7%), Iron: 1.39mg (7.73%), Potassium: 179.83mg (5.14%), Calcium: 51.21mg (5.12%), Zinc: 0.7mg (4.64%), Folate: 14.06µg (3.51%), Vitamin B1: 0.05mg (3.04%), Vitamin B12: 0.15µg (2.46%), Vitamin B5: 0.22mg (2.19%), Vitamin B3: 0.42mg (2.12%), Vitamin B6: 0.03mg (1.71%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.23µg (1.53%), Vitamin A: 75.67IU (1.51%), Vitamin K: 1.18µg (1.13%)