



Chocolate Roulade with Raspberries

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 teaspoon chocolate syrup
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 0.5 cup dutch-processed cocoa powder
- ☐ 6 large egg whites at room temperature ()
- ☐ 4 large egg yolk
- ☐ 2 tablespoons powdered sugar
- ☐ 2.5 cups raspberries
- ☐ 0.1 teaspoon salt

- ☐ 0.8 cup sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

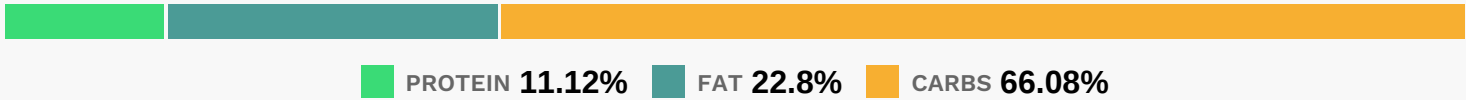
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ wax paper

Directions

- ☐ Preheat oven to 37
- ☐ Coat a 15 x 10-inch jelly-roll pan with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray. Dust with breadcrumbs; set aside.
- ☐ Beat egg yolks in a bowl at high speed of a mixer for 4 minutes. Gradually add 1/4 cup sugar, beating until thick and pale (about 2 minutes). Beat egg whites with clean beaters at high speed of a mixer until foamy; add salt. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Stir in vanilla. Gradually add cocoa; stir until well-blended. Gently stir one-fourth of egg white mixture into egg yolk mixture; gently fold in remaining egg white mixture.
- ☐ Spoon batter into prepared pan, spreading evenly to sides of pan.
- ☐ Bake at 375 for 15 minutes or until cake springs back when touched lightly in center. Loosen cake from sides of pan; turn out onto a dishtowel dusted with powdered sugar; carefully peel off wax paper.
- ☐ Let cake cool 1 minute. Starting at narrow end, roll up cake and towel together.
- ☐ Place, seam side down, on a wire rack; let cool completely (about 1 hour).
- ☐ Unroll cake carefully; remove towel.
- ☐ Spread whipped topping over cake, leaving a 1/2-inch margin around outside edges. Reroll cake; place, seam side down, on a platter. Cover and chill 1 hour.

- ☐ Cut cake into slices.
- ☐ Drizzle syrup on each of 10 plates.
- ☐ Place cake slice on top; serve with raspberries.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:10.89, Inflammation Score:-3, Nutrition Score:6.5317390898%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 9.5mg, Epicatechin: 9.5mg, Epicatechin: 9.5mg, Epicatechin: 9.5mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 178.17kcal (8.91%), Fat: 4.8g (7.38%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 27.51g (10%), Sugar: 24.31g (27.01%), Cholesterol: 73.74mg (24.58%), Sodium: 95.66mg (4.16%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Caffeine: 10.19mg (3.4%), Protein: 5.26g (10.53%), Manganese: 0.41mg (20.55%), Fiber: 3.76g (15.04%), Selenium: 9.48µg (13.54%), Copper: 0.23mg (11.67%), Vitamin B2: 0.17mg (10.13%), Vitamin C: 7.87mg (9.54%), Phosphorus: 90.63mg (9.06%), Magnesium: 35.78mg (8.95%), Iron: 1.23mg (6.85%), Folate: 21.09µg (5.27%), Potassium: 181.55mg (5.19%), Zinc: 0.66mg (4.43%), Calcium: 38.4mg (3.84%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.52mg (3.46%), Vitamin B1: 0.05mg (3.24%), Vitamin B12: 0.19µg (3.12%), Vitamin K: 3.13µg (2.98%), Vitamin B6: 0.05mg (2.61%), Vitamin D: 0.37µg (2.45%), Vitamin A: 119.06IU (2.38%), Vitamin B3: 0.46mg (2.31%)