



Crisp Chocolate Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 2 egg whites
- 0.7 cup flour all-purpose
- 3 ounce bittersweet chocolate
- 1 teaspoon vanilla extract
- 0.3 teaspoon vegetable oil
- 0.5 cup sugar white

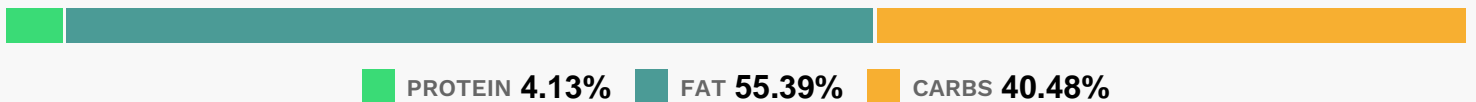
Equipment

- baking sheet
- sauce pan
- oven
- mixing bowl
- wire rack
- spatula
- pastry bag
- drinking straws

Directions

- In a large mixing bowl, cream 1/2 cup butter or margarine, 1/2 cup sugar, and 1 teaspoon vanilla until light and fluffy.
- Add egg whites; blend well. Gradually add flour and blend well.
- Drop batter by teaspoons 1 inch apart on an ungreased baking sheet.
- Spread with the back of a spoon into 3-inch rounds.
- Preheat oven to 375 degrees F (190 degrees C).
- Bake for 5 minutes or until edges are light brown. Working with 1 cookie at a time, loosen from baking sheet with a spatula and then quickly roll tightly around a pencil.
- Transfer to a wire rack to cool, seam side down.
- With a pastry bag or soda straw or wooden pick, fill rolls with Creamy Chocolate Filling.
- To Make Filling: In a small saucepan, melt chocolate and 1/4 teaspoon of vegetable oil (or butter or margarine) over low heat stirring constantly.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:9.65, Inflammation Score:-2, Nutrition Score:2.5639130576797%

Nutrients (% of daily need)

Calories: 170.6kcal (8.53%), Fat: 10.58g (16.28%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 16.64g (6.05%), Sugar: 11.02g (12.25%), Cholesterol: 20.76mg (6.92%), Sodium: 70.08mg (3.05%), Alcohol: 0.11g (100%), Alcohol %: 0.39% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.78g (3.55%), Manganese: 0.14mg (7.15%), Selenium: 4.09µg (5.85%), Copper: 0.1mg (5.02%), Vitamin A: 239.91IU (4.8%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (3.83%), Vitamin B2: 0.06mg (3.81%), Magnesium: 14.78mg (3.7%), Folate: 13.19µg (3.3%), Fiber: 0.75g (3.02%), Phosphorus: 28.97mg (2.9%), Vitamin B3: 0.48mg (2.4%), Vitamin E: 0.27mg (1.82%), Potassium: 58.7mg (1.68%), Zinc: 0.25mg (1.65%), Vitamin K: 1.37µg (1.3%)