



Heavenly Strawberry Jelly Roll

READY IN



162 min.

SERVINGS



42

CALORIES



70 kcal

DESSERT

Ingredients

- 16 oz angel food cake mix
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 0.3 cup powdered sugar
- 3 cups strawberries fresh divided
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl

- frying pan
- baking paper
- oven
- whisk
- plastic wrap
- kitchen towels

Directions

- Heat oven to 350F.
- Line 15x10x1-inch pan with parchment paper; spray with cooking spray. Prepare cake batter as directed on package; pour into prepared pan.
- Spread batter to cover bottom of pan. (Pan will be full.)
- Bake 20 to 22 min. or until top is golden brown and cake springs back when touched lightly in center. Cool in pan 30 min.
- Sift sugar over clean kitchen towel. Invert cake immediately onto towel; remove pan. Carefully peel off parchment. Starting at one long side, roll up cake and towel together. Cool completely. Reserve 1 cup berries; coarsely chop remaining berries.
- Beat pudding mix and milk in medium bowl with whisk 2 min. Refrigerate 5 min. Stir in 1 cup COOL WHIP and chopped berries. Unroll cake; remove towel.
- Spread berry mixture over cake, leaving 1-inch border around all sides. Reroll cake; wrap in plastic wrap. Refrigerate 1 hour. Unwrap just before serving; place, seam-side down, on platter. Frost with remaining COOL WHIP. Top with reserved berries.

Nutrition Facts



Properties

Glycemic Index:1.86, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.4700000013994%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 69.88kcal (3.49%), Fat: 0.96g (1.48%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 14.22g (5.17%), Sugar: 11.2g (12.44%), Cholesterol: 0.81mg (0.27%), Sodium: 109.56mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin C: 6.05mg (7.33%), Phosphorus: 48.77mg (4.88%), Calcium: 29.27mg (2.93%), Manganese: 0.06mg (2.77%), Vitamin B2: 0.04mg (2.61%), Selenium: 1.67µg (2.38%), Folate: 7.17µg (1.79%), Potassium: 40.21mg (1.15%), Fiber: 0.27g (1.09%)