



Light 'n' Creamy Chocolate Cake Roll

READY IN



45 min.

SERVINGS



10

CALORIES



381 kcal

DESSERT

Ingredients

- 16 ounce angel food cake mix (such as Duncan Hines)
- 2 ounce bars baking chocolate unsweetened (such as Hershey's)
- 8 ounce block softened
- 0.5 cup powdered sugar
- 1 cup powdered sugar
- 1 teaspoon cocoa unsweetened (such as Hershey's)
- 3 tablespoons cocoa unsweetened (such as Hershey's)
- 8 ounce non-dairy whipped topping fat-free frozen thawed

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- wax paper
- microwave
- kitchen towels

Directions

- Preheat oven to 350.
- To prepare the cake, combine 3 tablespoons cocoa and cake mix in a large bowl. Prepare the cake mix with added cocoa according to package directions. Coat a 15 x 10-inch jelly roll pan with cooking spray; line bottom with wax paper.
- Pour batter into pan.
- Bake at 350 for 25 minutes or until cake springs back when touched lightly in center. Cool the cake in pan 5 minutes. Loosen cake from sides of pan, and turn out onto a dish towel dusted with 1/2 cup powdered sugar; carefully peel off wax paper. Cool the cake 1 minute. Starting at narrow end, roll up cake and towel together.
- Place, seam side down, on a wire rack, and cool completely (about 15 minutes).
- To prepare the filling, place baking chocolate in a glass bowl; microwave at high 2 minutes or until almost melted, stirring after 1 minute. Cool.
- Place the cream cheese in a medium bowl, and beat with a mixer at medium speed until smooth. Gradually add the melted chocolate and 1 cup powdered sugar, beating mixture well (mixture will be very thick). Gently stir 1/2 cup whipped topping into the filling, and gently fold in the remaining whipped topping.
- Carefully unroll cake; remove towel.
- Spread filling over the cake, leaving a 1/2-inch border around outside edges. Re-roll cake, and place, seam side down, on a platter. Cover and chill for 30 minutes.

Sprinkle with 1 teaspoon cocoa.

Cut the cake into 10 slices; garnish with chocolate curls, if desired.

Nutrition Facts

PROTEIN 6.01% **FAT 27.51%** **CARBS 66.48%**

Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:7.3156522719756%

Flavonoids

Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg, Catechin: 4.68mg Epicatechin: 11.18mg, Epicatechin: 11.18mg, Epicatechin: 11.18mg, Epicatechin: 11.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 381.26kcal (19.06%), Fat: 12.24g (18.84%), Saturated Fat: 7.22g (45.14%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 64.72g (23.54%), Sugar: 49.98g (55.54%), Cholesterol: 26.54mg (8.85%), Sodium: 462.45mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.22mg (2.74%), Protein: 6.02g (12.05%), Phosphorus: 226.97mg (22.7%), Vitamin B2: 0.33mg (19.21%), Manganese: 0.37mg (18.26%), Copper: 0.3mg (14.81%), Selenium: 9.14µg (13.06%), Calcium: 123.85mg (12.38%), Magnesium: 35.37mg (8.84%), Iron: 1.37mg (7.63%), Fiber: 1.85g (7.4%), Vitamin A: 344.28IU (6.89%), Vitamin B12: 0.41µg (6.8%), Folate: 27.05µg (6.76%), Zinc: 0.91mg (6.09%), Potassium: 167.45mg (4.78%), Vitamin B1: 0.05mg (3.22%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.05mg (2.4%), Vitamin B3: 0.34mg (1.68%), Vitamin E: 0.24mg (1.6%), Vitamin K: 1.18µg (1.12%)