



Lighter-Than-Air Chocolate Roll

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 6 oz fine-quality bittersweet chocolate unsweetened chopped (not)
- ☐ 12 servings garnish: cocoa powder and confectioners sugar unsweetened
- ☐ 3 tablespoons confectioners sugar sifted
- ☐ 1 tablespoon dutch-process cocoa powder unsweetened
- ☐ 6 large eggs separated at room temperature
- ☐ 2 tablespoons grand marnier
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon orange zest fresh finely grated

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper
- ☐ springform pan

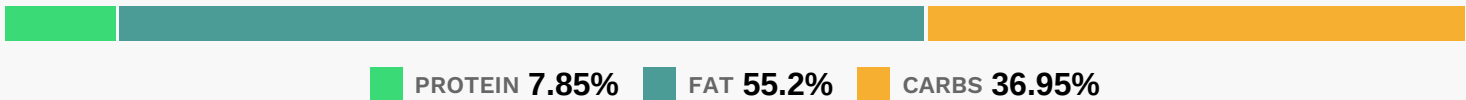
Directions

- ☐ Preheat oven to 350°F. Oil a 15- by 10- by 1-inch shallow baking pan and line bottom lengthwise | with a large piece of wax or parchment paper, letting paper hang over ends by 2 inches.
- ☐ Melt chocolate with water in a small heavy saucepan over very low heat, stirring. Cool to lukewarm.
- ☐ Beat yolks, 1/3 cup sugar, and salt in a large bowl with an electric mixer until thick and pale, about 5 minutes in a standing mixer or about 8 minutes with a hand-held mixer. Fold in melted chocolate until blended. Beat whites with cleaned beaters until they just hold soft peaks. Gradually add remaining 1/3 cup sugar and beat until whites just hold stiff peaks. Fold

one third of whites into melted–chocolate mixture to lighten, then fold in remaining whites gently but thoroughly.

- ☐ Spread batter evenly in baking pan and bake in middle of oven until puffed and top is dry to the touch, 15 to 18 minutes.
- ☐ Transfer pan to a rack. Cover top with 2 layers of damp paper towels and let stand 5 minutes, then remove towels and cool completely. Loosen edges with a sharp knife.
- ☐ Sift cocoa powder over top of cake layer and overlap 2 layers of wax paper lengthwise over cake.
- ☐ Place a baking sheet over paper and invert cake onto it, gently peeling off wax paper lining. (Don't worry if cake layer breaks; it will hold together when rolled.)
- ☐ Beat cream with confectioners sugar and Grand Marnier with cleaned beaters until it just holds stiff peaks. Fold in zest.
- ☐ Spread filling evenly over cake. Put a long platter next to a long side of cake. Using wax paper as an aid, roll up cake jelly roll–style, beginning with a long side. Carefully transfer, seam side down, to platter, using wax paper to help slide cake. (Cake will crack but will still hold together.)
- ☐ Dust cake generously with cocoa powder and confectioners sugar.
- ☐ ·Cake may be rolled 1 day ahead and chilled in a cake keeper or loosely covered with plastic wrap.·You can substitute the following for Grand Marnier and orange zest: 2 tablespoons Cognac and 1/2 teaspoon vanilla; 2 tablespoons cocoa and 1/2 teaspoon vanilla; or 2 teaspoons instant–espresso powder or instant–coffee granules dissolved in 2 teaspoons water plus 1/2 teaspoon vanilla.·This batter can also be baked in an unoiled 9 1/2–inch springform pan.
- ☐ Bake until cake is set but still moist in center, 35 to 40 minutes (cake will rise and then sink as it cools). Top with Grand Marnier whipped cream.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:5.8991304312063%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 246.9kcal (12.35%), Fat: 15.21g (23.39%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 21.23g (7.72%), Sugar: 19.75g (21.94%), Cholesterol: 116.26mg (38.75%), Sodium: 91.56mg (3.98%), Alcohol: 0.65g (100%), Alcohol %: 1.03% (100%), Caffeine: 16.1mg (5.37%), Protein: 4.86g (9.73%), Selenium: 9.75µg (13.93%), Copper: 0.25mg (12.67%), Manganese: 0.25mg (12.52%), Phosphorus: 108.44mg (10.84%), Vitamin B2: 0.16mg (9.7%), Magnesium: 36.56mg (9.14%), Vitamin A: 434.34IU (8.69%), Iron: 1.56mg (8.67%), Fiber: 1.68g (6.7%), Zinc: 0.85mg (5.63%), Vitamin D: 0.82µg (5.45%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.28µg (4.66%), Potassium: 156.62mg (4.47%), Calcium: 38.26mg (3.83%), Vitamin E: 0.53mg (3.54%), Folate: 13.05µg (3.26%), Vitamin B6: 0.06mg (2.81%), Vitamin K: 1.77µg (1.68%), Vitamin B1: 0.02mg (1.33%)