



Mint-Chocolate Cake Roll

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 5 eggs separated
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon coffee instant
- ☐ 1 tablespoon water
- ☐ 6 oz baker's chocolate cooled melted
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 1 cup whipping cream

- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup crème de cassis liqueur white
- ☐ 1 sprigs mint leaves fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ kitchen towels
- ☐ spatula

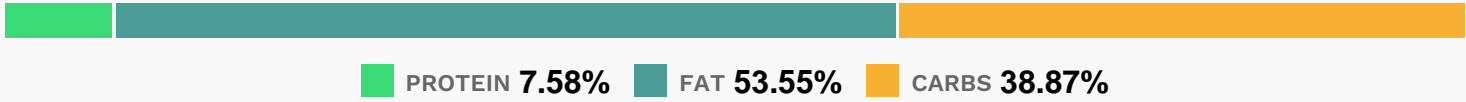
Directions

- ☐ Heat oven to 325°F (300°F for dark or nonstick pan). Grease 15x10x1-inch pan with butter. Line bottom of pan with waxed paper; grease paper with butter.
- ☐ In large bowl, beat egg yolks with electric mixer on high speed until fluffy. Gradually add 1/2 cup of the granulated sugar, beating on high speed about 5 minutes or until thick and lemon colored. In small bowl, stir coffee granules in water until dissolved.
- ☐ Add cooled chocolate and coffee to egg yolk mixture; beat on low speed until blended, scraping bowl occasionally.
- ☐ In another large bowl, beat egg whites with electric mixer on high speed until soft peaks form. Gradually add remaining 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold one-fourth of the egg whites into chocolate batter to lighten. Fold in remaining egg whites. Sift flour over batter; fold in flour until blended.
- ☐ Pour batter into pan. With metal spatula, gently spread batter to edges of pan.
- ☐ Bake 18 to 20 minutes or until cake springs back when lightly touched in center.
- ☐ Sprinkle top of cake with 3 tablespoons of the cocoa. Cover cake with a slightly damp kitchen towel; cool completely. Turn cake upside down onto kitchen towel; carefully remove waxed paper.
- ☐ Sprinkle cake with remaining 3 tablespoons cocoa.
- ☐ In chilled medium bowl, beat whipping cream with electric mixer on high speed until foamy.

- ☐
- Add powdered sugar and crème de menthe; beat until stiff peaks form.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:12.33, Inflammation Score:-5, Nutrition Score:8.7813044397727%

Flavonoids

Catechin: 10.74mg, Catechin: 10.74mg, Catechin: 10.74mg, Catechin: 10.74mg Epicatechin: 25.01mg, Epicatechin: 25.01mg, Epicatechin: 25.01mg, Epicatechin: 25.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 262.72kcal (13.14%), Fat: 16.74g (25.76%), Saturated Fat: 9.93g (62.04%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 24.03g (8.74%), Sugar: 20.81g (23.12%), Cholesterol: 90.61mg (30.2%), Sodium: 35.88mg (1.56%), Alcohol: 1.47g (100%), Alcohol %: 2.31% (100%), Caffeine: 18.4mg (6.13%), Protein: 5.33g (10.66%), Manganese: 0.7mg (35.24%), Copper: 0.58mg (28.8%), Iron: 3.23mg (17.95%), Magnesium: 62.91mg (15.73%), Fiber: 3.32g (13.27%), Phosphorus: 124.39mg (12.44%), Zinc: 1.83mg (12.22%), Selenium: 8.29µg (11.84%), Vitamin B2: 0.15mg (8.89%), Vitamin A: 394.09IU (7.88%), Potassium: 203.44mg (5.81%), Vitamin D: 0.68µg (4.56%), Calcium: 41.54mg (4.15%), Folate: 16.56µg (4.14%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.19µg (3.25%), Vitamin B1: 0.04mg (2.93%), Vitamin E: 0.43mg (2.9%), Vitamin B6: 0.05mg (2.28%), Vitamin K: 2.13µg (2.03%), Vitamin B3: 0.36mg (1.8%)