



WHATSheATE



Mint-Chocolate Roulade



Gluten Free

READY IN



30 min.

SERVINGS



100

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 servings chocolate-mint sauce
- ☐ 100 servings cocoa
- ☐ 5 tablespoons crème de cassis liqueur green divided
- ☐ 100 servings garnishes: whipped cream fresh
- ☐ 2 cups whipping cream

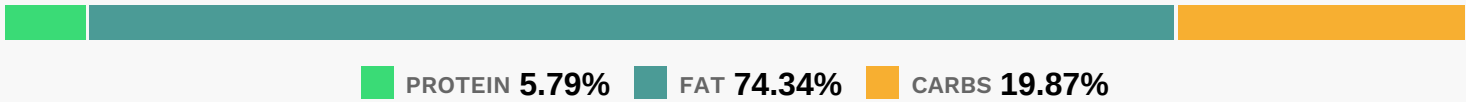
Equipment

- ☐ baking sheet
- ☐ hand mixer

Directions

- ☐ Beat whipping cream at medium-high speed with an electric mixer until soft peaks form. Fold in 2 to 3 tablespoons crme de menthe; set aside.
- ☐ Unroll Chocolate Cake
- ☐ Rolls; brush each cake lightly with 3 tablespoons crme de menthe.
- ☐ Spread each cake evenly with whipped cream mixture. Reroll cakes without towels; place, seam sides down, on baking sheet. Cover and freeze at least 1 hour or up to 3 months.
- ☐ Dust each cake evenly with cocoa, and cut into slices.
- ☐ Garnish, if desired, and serve with Chocolate-Mint Sauce.
- ☐ * 1 1/2 teaspoons mint extract and 5 drops of green food coloring may be substituted. Omit brushing cake rolls.

Nutrition Facts



Properties

Glycemic Index:0.55, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:0.9830434769392%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 37.37kcal (1.87%), Fat: 3.2g (4.92%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.95g (1.05%), Cholesterol: 9.94mg (3.31%), Sodium: 2.32mg (0.1%), Alcohol: 0.22g (100%), Alcohol %: 2.1% (100%), Protein: 0.56g (1.12%), Vitamin A: 153.55IU (3.07%), Manganese: 0.05mg (2.53%), Copper: 0.04mg (2.15%), Fiber: 0.45g (1.8%), Magnesium: 6.78mg (1.7%), Phosphorus: 16.17mg (1.62%), Calcium: 12.91mg (1.29%), Iron: 0.2mg (1.1%), Vitamin B2: 0.02mg (1.05%)