



Rainbow Sherbet Roll

 Dairy Free

READY IN



470 min.

SERVINGS



12

CALORIES



210 kcal

Ingredients

- 1 package angel food cake mix white
- 1.5 cups lime softened
- 1.5 cups cranberry-orange relish softened
- 12 servings powdered sugar
- 1.5 cups pineapple sherbet softened
- 1.3 cups water cold

Equipment

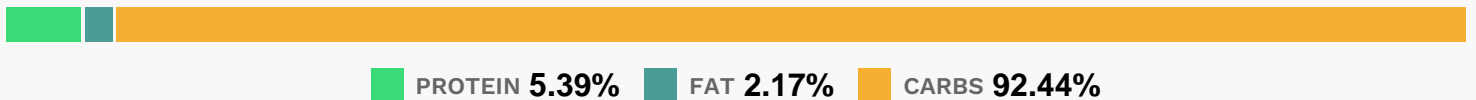
- bowl
- frying pan

- oven
- wire rack
- loaf pan
- aluminum foil

Directions

- Preheat oven to 350F. Line 15 1/2x10 1/2x1-inch jelly roll pan with waxed paper.
- Beat cake mix and cold water in extra-large glass or metal bowl on low speed 30 seconds; beat on medium speed 1 minute.
- Spread half of the batter in pan.
- Spread remaining batter in ungreased 9x5x3-inch loaf pan.
- Bake jelly roll pan 20 to 25 minutes, loaf pan 35 to 45 minutes, or until top springs back when touched lightly in center. Reserve loaf pan for another use. Cool jelly roll pan 10 minutes. Loosen cake from edges of pan; turn upside down onto towel sprinkled with powdered sugar. Carefully remove waxed paper. Trim off stiff edges of cake if necessary. Carefully roll hot cake and towel from narrow end. Cool completely on wire rack, about 1 hour.
- Unroll cake; remove towel. Beginning at a narrow end, spread raspberry sherbet on one-third of cake, orange sherbet on next third of cake and lime sherbet on remaining cake.
- Roll up carefully.
- Place roll, seam side down, on 18x12-inch piece of aluminum foil. Wrap in foil; freeze at least 6 hours until firm.
- Remove from freezer 15 minutes before serving.
- Cut roll into 3/4-inch slices. Store wrapped in freezer.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:3.94, Inflammation Score:-2, Nutrition Score:3.9526086608353%

Flavonoids

Hesperetin: 11.29mg, Hesperetin: 11.29mg, Hesperetin: 11.29mg, Hesperetin: 11.29mg Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 210.1kcal (10.51%), Fat: 0.52g (0.8%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 48.73g (17.72%), Sugar: 37.78g (41.98%), Cholesterol: 0.19mg (0.06%), Sodium: 320.45mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin C: 15.89mg (19.26%), Phosphorus: 139.93mg (13.99%), Calcium: 81.53mg (8.15%), Vitamin B2: 0.13mg (7.74%), Selenium: 5.24µg (7.49%), Folate: 24.31µg (6.08%), Fiber: 1.31g (5.22%), Copper: 0.06mg (3.15%), Manganese: 0.06mg (3.13%), Potassium: 105.24mg (3.01%), Vitamin B5: 0.22mg (2.23%), Magnesium: 8.85mg (2.21%), Vitamin B1: 0.03mg (1.88%), Vitamin B6: 0.03mg (1.32%), Vitamin A: 65.14IU (1.3%), Iron: 0.23mg (1.26%), Zinc: 0.18mg (1.21%)