

Creamy Fruit Cake Roll

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

2 cups strawberries, raspberries or blueberries

1 cup Custard Cake Filling (see Desserts/ Creams and Custards)

1 1/2 cups whipped cream

1 Poppy Seed Cake Roll (see Desserts/ Cakes AND

Information/ Cooking/ How To Make A Cake Roll)

2/3 cup Apricot Glaze (see Desserts/ Sauces and Coulis)

In a bowl, mix half the fruit with the custard and 1/2 cup of the whipped cream. Set aside.

Unroll the cold cake. Spread with the mixture. Gently roll again.

Arrange the remaining fruit on top of the cake. Cover with Apricot Glaze.

Using a pastry bag with a fluted nozzle, decorate with the whipped cream.

Refrigerate one hour before serving.

VARIATION: Moisten the spongecake with 1/4 cup of a fruit liqueur. Garnish with icing sugar and slivered almonds.

Per Serving (excluding unknown items): 77 Calories; 8g Fat (94.5% calories from fat); trace Protein; 1g Carbohydrate; 0g Dietary Fiber; 31mg Cholesterol; 8mg Sodium. Exchanges: 0 Non-Fat Milk; 1 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	77
% Calories from Fat:	94.5%
% Calories from Carbohydrates:	3.2%
% Calories from Protein:	2.3%
Total Fat (g):	8g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	31mg
Carbohydrate (g):	1g
	0g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): trace
Sodium (mg): 8mg
Potassium (mg): 17mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 329IU
Vitamin A (r.e.): 94 1/2RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 77 Calories from Fat: 73

% Daily Values*

Total Fat	8g	13%
	Saturated Fat 5g	26%
Cholesterol	31mg	10%
Sodium	8mg	0%
Total Carbohydrates	1g	0%
	Dietary Fiber 0g	0%
Protein	trace	

Vitamin A	7%
Vitamin C	0%
Calcium	1%
Iron	0%

** Percent Daily Values are based on a 2000 calorie diet.*