

Hazelnut Cake Roll

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

1 Nut Spongecake Cake Roll (see Desserts/ Cakes AND Information/ Cooking/ How To Make A Cake Roll)
1/2 cup commercial hazelnut chocolate spread
2 cups Chocolate Chantilly Cream (see Desserts/ Creams and Coulis)
2/3 cup hazelnuts

Unroll the cold cake.

Cover the cake with hazelnut spread, then 1/2 cup of the Chocolate Chantilly Cream. Gently roll again.

Frost the cake with the remaining Chocolate Chantilly Cream.

Decorate with hazelnuts.

Per Serving (excluding unknown items): 73 Calories; 7g Fat (83.3% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	73	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	8mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0

Potassium (mg): 51mg
Calcium (mg): 22mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 8IU
Vitamin A (r.e.): 1RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 73 Calories from Fat: 61

% Daily Values*

Total Fat	7g		11%
	Saturated Fat	1g	3%
Cholesterol	0mg		0%
Sodium	trace		0%
Total Carbohydrates	2g		1%
	Dietary Fiber	1g	3%
Protein	2g		
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Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			2%

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