

# Rich and Famous Cake Roll

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 8

*1 cup cream cheese, softened*  
*2 ripe bananas*  
*1 tablespoon orange peel, grated*  
*1/2 cup chocolate chips*  
*3 tablespoons Grand Marnier*  
*1 Chocolate Chip Spongecake Cake Roll (see Desserts/ Cakes AND Information/ Cooking/ How To Make A Cake Roll)*  
*2 cups Orange Butter Cream Icing (see Desserts/ Cakes)*  
*1 orange, peeled and thinly sliced*  
*2 cups Orange Sauce (see Desserts/ Sauces and Coulis)*

In a mixer bowl, beat the cheese until fluffy. Add the bananas. Beat at moderate speed. Fold in the orange peel, chocolate and Grand Marnier.

Unroll the cold cake. Evenly spread with the mixture. Gently roll again.

Cover with the Orange Butter Cream Icing. Decorate the top with orange slices.

Refrigerate for one hour.

Serve with the Orange Sauce.

*Variation: Use a Nut Spongecake (see Desserts/ Cakes). Replace the orange peel with three tablespoons of chopped nuts. Garnish with Peanut and Chocolate Butter Cream Icing (see Desserts/ Cakes) and nuts.*

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Per Serving (excluding unknown items): 197 Calories; 14g Fat (65.7% calories from fat); 3g Protein; 14g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 87mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	197	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	65.7%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	28.3%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	6.0%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	9mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	9mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	21
<b>Cholesterol (mg):</b>	32mg	<b>% Refuse:</b>	0.0%

Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	87mg
Potassium (mg):	117mg
Calcium (mg):	35mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	453IU
Vitamin A (r.e.):	128 1/2RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 197 Calories from Fat: 130

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### % Daily Values\*

<b>Total Fat</b> 14g	22%
Saturated Fat 9g	44%
<b>Cholesterol</b> 32mg	11%
<b>Sodium</b> 87mg	4%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 1g	5%
<b>Protein</b> 3g	

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<b>Vitamin A</b>	9%
<b>Vitamin C</b>	16%
<b>Calcium</b>	4%
<b>Iron</b>	4%

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