

Swiss Cake Roll

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

*1 Vanilla Spongecake Cake Roll
(see Desserts/ Cakes AND
Information/ Cooking/ How To
Make A Cake Roll)*

1 cup strawberry jam

*1 1/2 cups Chantilly Cream (see
Desserts/ Creams and Custards)*

1/2 cup icing sugar

Unroll the cold cake.

Spread successive layers of strawberry jam and Chantilly Cream. Gently roll again.

Dust with the icing sugar. Serve with fresh fruit or fruit salad, if desired.

Per Serving (excluding unknown items): 126 Calories; trace Fat (0.6% calories from fat); trace Protein; 33g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	126	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.6%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	13mcg
Saturated Fat (g):	trace	Niacin (mg):	0mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	33g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	16mg	Vegetable:	0
Potassium (mg):	31mg	Fruit:	0
Calcium (mg):	8mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 5IU
Vitamin A (r.e.): 1/2RE

Fat: 0
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 126 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	16mg	1%
Total Carbohydrates	33g	11%
	Dietary Fiber trace	2%
Protein	trace	

Vitamin A	0%
Vitamin C	6%
Calcium	1%
Iron	1%

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