

Triple Chocolate Cake Roll

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

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

1/2 cup raspberry jam

3 cups Chocolate Butter Cream Icing (see Desserts/ Cakes)

1 cup chocolate shavings

2 cups Chocolate Sauce (see Desserts/ Sauces and Coulis)

Unroll the cold cake. Spread successive layers of raspberry jam and one-third of the Chocolate Butter Cream Icing. Sprinkle with the chocolate shavings. Gently roll again.

With a spatula, gently frost the cake with the remaining Chocolate Butter Cream Icing. Decorate with the remaining chocolate shavings.

Serve with the Chocolate Sauce.

Variations: Use white chocolate shavings or chocolate chips. Decorate with almonds and cherries. Vary fruit jam flavors.

Per Serving (excluding unknown items): 48 Calories; trace Fat (0.7% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	48	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	8mg	Vegetable:	0

Potassium (mg): 15mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 48 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat 0g	0%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	13g	4%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A		0%
Vitamin C		3%
Calcium		0%
Iron		1%

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