

# Viennese Coffee Flavored Cake Roll

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

## Servings: 8

*4 teaspoons cornstarch*  
*1/2 cup very strong coffee*  
*2 ounces Irish Cream liqueur OR*  
*cognac*  
*1 Coffee Spongecake Cake Roll (see*  
*Desserts/ Cakes AND*  
*Information/ Cooking/ How To*  
*Make A Cake Roll)*  
*2 cups whipped cream*  
*1 tablespoon ground cinnamon*  
*2 cups Mocha Butter Cream Icing*  
*(see Desserts/ Cakes)*  
*1/4 cup cocoa*  
*24 chocolate-covered coffee beans*

In a saucepan, dilute the cornstarch in the coffee. Heat until the mixture thickens. Fold in the Irish Cream liqueur. Set aside.

Unroll the cold cake. Brush with the coffee mixture, spreading evenly. Cover with whipped cream. Sprinkle with cinnamon. Gently roll again.

With a spatula, spread the Mocha Butter Cream Icing over the cake. Dust with cocoa.

Decorate each serving with three chocolate-covered coffee beans.

Serve with ice cream or a fruit coulis (see Desserts/ Sauces and Coulis)

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Per Serving (excluding unknown items): 116 Calories; 11g Fat (82.8% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 12mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	116	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	82.8%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	13.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.8%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	11g	<b>Folacin (mcg):</b>	2mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	6mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	41mg
<b>Carbohydrate (g):</b>	4g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	12mg
<b>Potassium (mg):</b>	68mg
<b>Calcium (mg):</b>	33mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	442IU
<b>Vitamin A (r.e.):</b>	126RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

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### Food Exchanges

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

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### Nutrition Facts

Servings per Recipe: 8

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#### Amount Per Serving

<b>Calories</b> 116	Calories from Fat: 96
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#### % Daily Values\*

<b>Total Fat</b> 11g	18%
Saturated Fat 7g	36%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 12mg	1%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber 1g	5%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	9%
<b>Vitamin C</b>	1%
<b>Calcium</b>	3%
<b>Iron</b>	4%

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