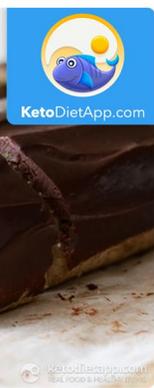


Keto Nutella Cake Roll

Hands-on 30 minutes Overall 1 hour 30 minutes



Nutritional values (per serving): Total carbs: 9.7 g, Fiber: 3.8 g, **Net carbs: 6 g**,

Protein: 10.6 g, Fat: 37.8 g, Calories: 406 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 12 servings)

Cake:

6 large eggs

pinch sea salt or [pink Himalayan salt](#)

3/4 cup [powdered Erythritol](#) or [Swerve](#) (120 g/ 4.2 oz)

1 1/2 cup [almond flour](#) (150 g/ 5.3 oz)

1/2 tsp [vanilla bean powder](#) or 1-2 tsp sugar-free [vanilla extract](#)

Filling:

1 cup [homemade Keto Nutella](#), room temperature (250 g/ 8.8 oz)

1 cup mascarpone cheese or [creamed coconut milk](#), room temperature (240 g/ 8.5 oz)

Ganache coating:

1/4 cup + 2 tbsp heavy whipping cream or [coconut milk](#) (90 ml/ 3 fl oz)

3 tbsp butter or virgin [coconut oil](#) (45 g/ 1.6 oz)

1 bar [dark chocolate](#), 85-90% cacao (100 g/ 3.5 oz)

1/2 tsp [vanilla bean powder](#) or 1-2 tsp sugar-free [vanilla extract](#)

Optional: [stevia drops](#) or other [low-carb sweetener](#), to taste

Note: If you want to reduce the carb count, halve the coating. I ended up with a thick chocolate layer and even half of the amount would be sufficient to cover the roll.

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Crack the eggs into a bowl. Using an [electric mixer](#) or a hand whisk, beat until frothy. Add the salt and slowly sift in the Erythritol while beating.
2. Gently fold in the almond flour and add the vanilla.
3. Pour the dough into a tray (38 x 28 cm/ 15 x 11 inches) lined with heavy-duty parchment paper. Bake for 8-10 minutes, until set and lightly golden. Do not overcook the sponge or it will break when you

roll it.

4. When done, remove the tray from the oven. Flip the sponge onto another piece of parchment paper and cover with a damp (but not too wet) kitchen towel. Leave to cool down for 2-3 minutes. Then, gently peel the parchment off the sponge.
5. While still warm, tightly roll the sponge with the parchment paper. Let it cool down for a few minutes while you prepare the filling. *Note: it may help if you score a small shallow indentation with a sharp knife, about 1 cm (1/2 inch) along the edge on the side you will roll.*
6. Prepare the filling by mixing the homemade Nutella and mascarpone cheese in a bowl.
7. Once the sponge has cooled down, gently unroll it. Spread the Nutella-mascarpone filling inside. Do not go too close on the edges to prevent the filling from oozing out as you roll it.
8. Roll the cake by pulling the paper towards you and use your other hand to shape the sponge into a roll. Place in the fridge while you prepare the ganache.
9. To make the ganache, break the chocolate into small pieces and place in a small bowl. Heat the butter with the cream in a saucepan over medium-high heat. Once foam starts to develop on top, slowly pour it over the chocolate while stirring, allowing the chocolate and the cream mixture to combine. Set aside to cool. *What if my ganache breaks? If the fat separates from the rest of the ingredients—don't panic. Place in a [blender](#) and pulse until smooth!*
10. Spread the ganache evenly over the top and sides of the cooled roll and place back in the fridge for at least 20 minutes before serving. Slice and enjoy! Keep refrigerated for up to 5 days.

The #1 Keto Diet App

1,500+ delicious keto recipes

Tried & tested for best results

Optimized for nutrition

Never feel hungry

Planner & tracker

Track all macros including net carbs

Scan products

Create your own meals

Advanced tracking

Track ketones, blood glucose & lipids

Stay hydrated with water tracking

Track your mood & energy levels

Macro calculator

Calculate your ideal fat, protein & carb intake

Set any goal: weight loss, maintenance or weight gain

Your macros update based on your progress

Progress

Monitor your macros, water intake, mood & energy

Body weight, body fat and body measurements

Ketones, blood glucose & lipids

Evidence-based content

Expert articles to help you make informed choices

Guides & free diet plans

New daily content

And so much more...!

Complete Keto Diet guide

Integrated shopping basket

Restaurants & guide to eating out

[App Store](#)

[Google Play](#)

[App Store](#)

[Also available on Google Play](#)

[Google Play](#)

[Also available on App Store](#)

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)