

Chocolate Banana Swiss Roll - "Cat's Eyes"

Yield: 12 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-swiss-roll-recipe-uk>

Ingredients:

- 5 eggs separated
- 2 tablespoons sugar
- 2 tablespoons all purpose flour
- 2 1/2 tablespoons cocoa powder
- 2 teaspoons baking powder
- 2 teaspoons vanilla extract
- 3 eggs
- 3/4 cup sugar 3/4 cup
- 7 ounces chocolate 43 % cocoa, 7 oz
- 1/2 teaspoon instant coffee powder
- 2 teaspoons vanilla extract
- 1 tablespoon rum or rum flavoring
- 2/3 cup butter 1 1/3 stick or 10 1/2 Tbsp
- 4 bananas large
- 7/8 cup whipping cream a little bit less than a cup
- chocolate sprinkles

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 180 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 10 grams
8. Sodium: 220 milligrams
9. Sugar: 31 grams

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