

Chocolate Swiss Roll with Coconut Buttercream

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 6 eggs at room temperature, separated yolks, and whites
- 1/2 cup honey or maple syrup
- 1/3 cup coconut flour
- 1 tablespoon cacao powder
- 1/2 teaspoon baking soda
- 1 dash canela
- 1 dash salt
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- 1 cup chocolate chips
- 1 tablespoon coconut oil
- 3 tablespoons red wine

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 315 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 18 grams
8. Sodium: 350 milligrams
9. Sugar: 59 grams

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