

# Gingerbread Swiss Roll

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 6 eggs separated
- 1/3 cup coconut flour
- 1/2 cup erythritol low carb sweetener
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon ginger ground
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves ground
- 1 teaspoon nutmeg ground
- 1/2 teaspoon all-spice
- 1/2 cup whipped cream
- cranberries to decorate – optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 325 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 9 grams
8. Sodium: 480 milligrams
9. Sugar: 4 grams

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