



Almond & lemon meringue roulade

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



456 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large egg whites
- ☐ 225 g sugar
- ☐ 1 tsp almond extract
- ☐ 1 tsp citrus champagne vinegar
- ☐ 50 g almond flour
- ☐ 300 ml double cream
- ☐ 1 tbsp powdered sugar
- ☐ 6 tbsp lemon curd

- ☐ 1 tbsp almonds flaked toasted
- ☐ 3 strawberries halved

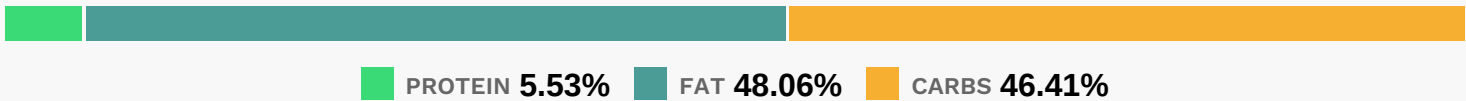
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Heat oven to 190C/170C fan/gas 5 and line a Swiss roll tin (about 23 x 30cm) with baking parchment.
- ☐ Whisk the egg whites in a clean bowl until stiff. Slowly add the sugar, still whisking, until stiff and glossy.
- ☐ Fold in the almond extract, vinegar and ground almonds until lightly incorporated.
- ☐ Pour into the Swiss roll tin and smooth over, tapping the tin to remove any big air bubbles.
- ☐ Bake for 30–35 mins or until the top is golden and feels firm and set.
- ☐ Remove from oven, cover with baking parchment and a damp tea towel. Leave to cool.
- ☐ To serve, whip the cream until thick. Spoon a third into a piping bag and set aside. Invert the roulade onto a large sheet of baking parchment sprinkled with icing sugar. Carefully peel off lining paper and spread over the lemon curd, then spread over the rest of the cream.
- ☐ Roll up carefully, using the paper to help you. Pipe the remaining cream on top of the roulade, and decorate with flaked almonds and strawberry halves.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:26.33, Inflammation Score:-4, Nutrition Score:4.0060869533083%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 456.49kcal (22.82%), Fat: 25.04g (38.52%), Saturated Fat: 13.05g (81.54%), Carbohydrates: 54.4g (18.14%), Net Carbohydrates: 53.16g (19.33%), Sugar: 52.5g (58.33%), Cholesterol: 56.84mg (18.95%), Sodium: 107.71mg (4.68%), Alcohol: 0.24g (100%), Alcohol %: 0.21% (100%), Protein: 6.48g (12.96%), Vitamin A: 740.12IU (14.8%), Vitamin B2: 0.22mg (12.91%), Selenium: 6.23µg (8.91%), Vitamin E: 0.91mg (6.05%), Calcium: 58.2mg (5.82%), Vitamin D: 0.8µg (5.37%), Fiber: 1.25g (5%), Vitamin C: 3.83mg (4.65%), Phosphorus: 42.04mg (4.2%), Manganese: 0.07mg (3.39%), Potassium: 107.18mg (3.06%), Magnesium: 11.34mg (2.83%), Iron: 0.49mg (2.74%), Vitamin B5: 0.19mg (1.86%), Copper: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.74µg (1.66%), Zinc: 0.19mg (1.28%), Folate: 5.07µg (1.27%), Vitamin B6: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.06%)