

Almond Roulage

READY IN



45 min.

SERVINGS



10

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons amaretto
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 cup cake flour sifted
- ☐ 4 eggs separated
- ☐ 0.5 cup ground almonds toasted
- ☐ 0.5 cup powdered sugar divided sifted
- ☐ 0.5 cup currant jelly red divided melted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup slivered almonds divided toasted chopped

- ☐ 1 cup sugar divided
- ☐ 1 teaspoon vanilla extract divided
- ☐ 1 cup whipping cream

Equipment

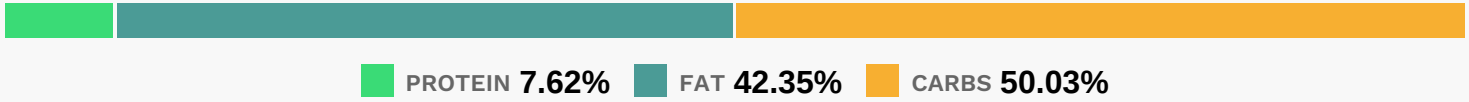
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Grease a 15 – x 10– x 1-inch jellyroll pan; line with wax paper. Grease and flour wax paper. Beat egg yolks in a large bowl until thick and pale.
- ☐ Add 1/2 cup sugar, beating well. Stir in 1/2 teaspoon vanilla.
- ☐ Beat egg whites at high speed of an electric mixer until foamy.
- ☐ Add remaining 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form; fold into egg yolk mixture.
- ☐ Combine flour, baking powder, salt, and ground almonds; fold into egg mixture.
- ☐ Spread into pan.
- ☐ Bake at 375 for 10 minutes.
- ☐ Sift 2 tablespoons powdered sugar in a 15– x 10–inch rectangle on a towel. When cake is done, immediately loosen from sides of pan, and turn out onto towel. Peel off wax paper. Starting at narrow end, roll up cake and towel together.
- ☐ Place, seam side down, on a wire rack; let cool completely.
- ☐ Beat whipping cream, amaretto, and 1/2 teaspoon vanilla until foamy; gradually add remaining powdered sugar, beating until soft peaks form. Fold in 1/2 cup chopped almonds. Unroll cake; remove towel.
- ☐ Brush cake with 1/3 cup jelly.

- ☐
- Spread whipped cream mixture on cake, leaving a 3/4-inch margin around edges; reroll cake.
- ☐
- Place on a serving plate, seam side down.
- ☐
- Brush with remaining jelly.
- ☐
- Sprinkle with 1/2 cup almonds. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:29.41, Glycemic Load:24.88, Inflammation Score:-4, Nutrition Score:7.3986957306447%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 389.94kcal (19.5%), Fat: 18.67g (28.72%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 47.25g (17.18%), Sugar: 36.3g (40.34%), Cholesterol: 92.37mg (30.79%), Sodium: 127.63mg (5.55%), Alcohol: 0.72g (100%), Alcohol %: 0.81% (100%), Protein: 7.56g (15.12%), Vitamin E: 3.23mg (21.51%), Manganese: 0.34mg (16.78%), Vitamin B2: 0.27mg (16.03%), Selenium: 10.79µg (15.41%), Phosphorus: 119.66mg (11.97%), Fiber: 2.36g (9.42%), Magnesium: 36.16mg (9.04%), Calcium: 89.17mg (8.92%), Vitamin A: 445.2IU (8.9%), Copper: 0.16mg (8.18%), Iron: 1.16mg (6.45%), Vitamin D: 0.73µg (4.89%), Zinc: 0.71mg (4.77%), Folate: 18.94µg (4.73%), Potassium: 150.39mg (4.3%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.19µg (3.25%), Vitamin B6: 0.06mg (3%), Vitamin B1: 0.04mg (2.95%), Vitamin B3: 0.52mg (2.62%), Vitamin C: 1.64mg (1.99%)