



Banana Roulade with Hazelnut Cream



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups banana ripe mashed (3 bananas)
- ☐ 0.3 cup hazelnut-chocolate spread (such as Nutella)
- ☐ 6 large egg whites
- ☐ 6 large egg yolks
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar divided
- ☐ 0.3 cup hazelnuts chopped

- ☐ 1.5 cups powdered sugar sifted
- ☐ 2 tablespoons powdered sugar divided
- ☐ 1 teaspoon vanilla extract

Equipment

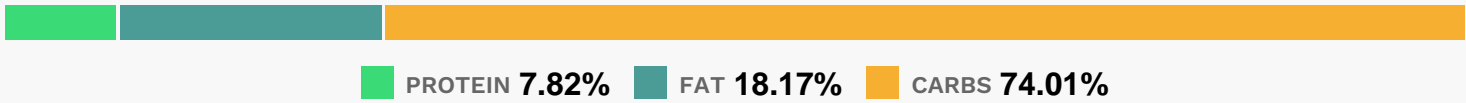
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ Place hazelnuts on a baking sheet.
- ☐ Bake at 375 for 8 minutes or until lightly browned. Turn nuts out onto a towel.
- ☐ Roll up towel; rub off skins. Cool.
- ☐ Place nuts in a food processor; process until finely ground.
- ☐ Increase oven temperature to 400
- ☐ Coat a 15 x 10-inch jelly roll pan with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.
- ☐ Lightly spoon 1 1/2 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and nuts, stirring well with a whisk. Beat egg yolks in a large bowl with a mixer at high speed for 4 minutes.

- ☐ Add 1/3 cup granulated sugar, beating until thick and pale (about 2 minutes).
- ☐ Add flour mixture, beating just until combined. Stir in banana.
- ☐ Beat egg whites with a mixer at high speed until soft peaks form. Gradually add 2/3 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into banana mixture; gently fold in remaining egg white mixture.
- ☐ Gently spread batter into prepared pan.
- ☐ Bake at 400 for 12 minutes or until cake springs back when touched lightly in center. Loosen cake from sides of pan; turn out onto a dishtowel dusted with 1 tablespoon powdered sugar.
- ☐ Carefully peel off wax paper; cool cake 1 minute. Starting at a long end, roll up cake and towel together.
- ☐ Place, seam side down, on a wire rack; cool completely.
- ☐ Combine cream cheese, hazelnut-chocolate spread, and vanilla; beat with a mixer at medium speed until smooth. Gradually add 1 1/2 cups powdered sugar, beating just until blended.
- ☐ Unroll the cake carefully, and remove towel.
- ☐ Spread the cream cheese mixture over the cake, leaving a 1/2-inch border around outside edges.
- ☐ Reroll the cake, and place, seam side down, on a platter. Cover and chill 2 hours.
- ☐ Sprinkle with 1 tablespoon powdered sugar.
- ☐ Cut cake into 14 slices.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:20.36, Inflammation Score:-2, Nutrition Score:5.7591304338497%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 248.43kcal (12.42%), Fat: 5.08g (7.82%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 45.3g (16.47%), Sugar: 33.11g (36.79%), Cholesterol: 78.69mg (26.23%), Sodium: 30.06mg (1.31%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 4.93g (9.85%), Selenium: 12.21µg (17.44%), Manganese: 0.32mg (16.23%), Vitamin B2: 0.2mg (11.66%), Folate: 43.08µg (10.77%), Vitamin B1: 0.15mg (9.74%), Iron: 1.25mg (6.94%), Phosphorus: 63.49mg (6.35%), Vitamin B6: 0.11mg (5.39%), Vitamin E: 0.8mg (5.33%), Copper: 0.11mg (5.28%), Fiber: 1.29g (5.16%), Vitamin B3: 1.01mg (5.04%), Magnesium: 16.28mg (4.07%), Potassium: 140.8mg (4.02%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.17µg (2.82%), Zinc: 0.41mg (2.71%), Vitamin D: 0.39µg (2.62%), Vitamin A: 115.93IU (2.32%), Calcium: 21.82mg (2.18%), Vitamin C: 1.53mg (1.86%)