

Buche de Noel

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



1

CALORIES



2568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup confectioners' sugar
- 6 egg whites
- 6 egg yolks
- 2 cups heavy cream
- 0.1 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 1.5 teaspoons vanilla extract
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- baking paper
- oven
- knife
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a 10x15 inch jellyroll pan with parchment paper. In a large bowl, whip cream, 1/2 cup confectioners' sugar, 1/2 cup cocoa, and 1 teaspoon vanilla until thick and stiff. Refrigerate.
- In a large bowl, use an electric mixer to beat egg yolks with 1/2 cup sugar until thick and pale. Blend in 1/3 cup cocoa, 1 1/2 teaspoons vanilla, and salt. In large glass bowl, using clean beaters, whip egg whites to soft peaks. Gradually add 1/4 cup sugar, and beat until whites form stiff peaks. Immediately fold the yolk mixture into the whites.
- Spread the batter evenly into the prepared pan.
- Bake for 12 to 15 minutes in the preheated oven, or until the cake springs back when lightly touched. Dust a clean dishtowel with confectioners' sugar. Run a knife around the edge of the pan, and turn the warm cake out onto the towel.
- Remove and discard parchment paper. Starting at the short edge of the cake, roll the cake up with the towel. Cool for 30 minutes.
- Unroll the cake, and spread the filling to within 1 inch of the edge.
- Roll the cake up with the filling inside.
- Place seam side down onto a serving plate, and refrigerate until serving. Dust with confectioners' sugar before serving.

Nutrition Facts



PROTEIN 8.44% FAT 69.56% CARBS 22%

Properties

Glycemic Index:70.09, Glycemic Load:34.91, Inflammation Score:-10, Nutrition Score:49.522608736287%

Flavonoids

Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 2568.3kcal (128.42%), Fat: 204.85g (315.16%), Saturated Fat: 122.11g (763.18%), Carbohydrates: 145.75g (48.58%), Net Carbohydrates: 135.14g (49.14%), Sugar: 125.62g (139.58%), Cholesterol: 1704.28mg (568.09%), Sodium: 778.1mg (33.83%), Alcohol: 2.06g (100%), Alcohol %: 0.29% (100%), Caffeine: 65.93mg (21.98%), Protein: 55.93g (111.87%), Vitamin A: 8554.56IU (171.09%), Selenium: 115.52µg (165.03%), Vitamin B2: 2.35mg (138.29%), Phosphorus: 935.05mg (93.51%), Vitamin D: 13.45µg (89.65%), Copper: 1.28mg (63.78%), Manganese: 1.2mg (60.14%), Magnesium: 202.29mg (50.57%), Vitamin B12: 3.03µg (50.49%), Calcium: 504.71mg (50.47%), Vitamin B5: 4.86mg (48.6%), Folate: 193.09µg (48.27%), Vitamin E: 7.19mg (47.96%), Fiber: 10.61g (42.43%), Iron: 7.62mg (42.35%), Zinc: 5.65mg (37.67%), Potassium: 1310.19mg (37.43%), Vitamin B6: 0.59mg (29.45%), Vitamin B1: 0.32mg (21.03%), Vitamin K: 16.7µg (15.91%), Vitamin B3: 1.17mg (5.85%), Vitamin C: 2.86mg (3.46%)