



Bûche de Noël

READY IN



45 min.

SERVINGS



10

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cake flour sifted
- ☐ 10 servings chocolate
- ☐ 3 tablespoons cocoa powder
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 large eggs separated
- ☐ 0.5 cup almond flour
- ☐ 0.5 cup pistachios chopped
- ☐ 2 tablespoons powdered sugar
- ☐ 1 Dash salt

- ☐ 0.7 cup sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

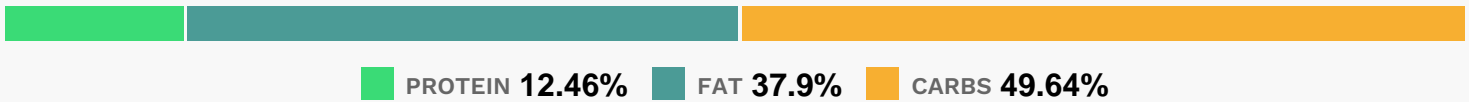
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Grease bottom and sides of a 15- x 10-inch jellyroll pan; line with wax paper, and grease and flour wax paper. Set aside.
- ☐ Beat egg yolks in a large mixing bowl at high speed with an electric mixer 5 minutes or until thick and pale. Gradually add 1/3 cup sugar, beating well.
- ☐ Add water and vanilla. Fold in ground almonds. Gradually fold in cake flour and cocoa.
- ☐ Beat egg whites at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form.
- ☐ Add remaining 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold into egg yolk mixture.
- ☐ Spread batter evenly into prepared pan.
- ☐ Bake at 375 for 10 minutes or until top springs back when touched.
- ☐ Sift powdered sugar in a 15- x 10-inch rectangle on a cloth towel. When cake is done, immediately loosen from sides of pan, and turn out onto sugared towel. Peel off wax paper. Starting at narrow end, roll up cake and towel together; cool completely on a wire rack, seam side down.
- ☐ Unroll cake, and remove towel.
- ☐ Spread cake with half of Rich Chocolate Buttercream; carefully reroll. Cover and chill.

- ☐
- Cut a 1-inch-thick diagonal slice from 1 end of cake roll.
- ☐
- Place cake roll on a serving plate, seam side down; position cut piece against side of cake roll to resemble a knot.
- ☐
- Spread remaining Rich Chocolate Buttercream over cake.
- ☐
- Score frosting with the tines of a fork or a cake comb to resemble tree bark.
- ☐
- Garnish with pistachios and, if desired, Meringue Mushrooms. Store cake (but not mushrooms) in refrigerator.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:12.67, Inflammation Score:-2, Nutrition Score:4.747391289343%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 184.95kcal (9.25%), Fat: 8.16g (12.55%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 22.06g (8.02%), Sugar: 16.22g (18.03%), Cholesterol: 74.4mg (24.8%), Sodium: 33.37mg (1.45%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Caffeine: 4.11mg (1.37%), Protein: 6.04g (12.07%), Selenium: 9.38µg (13.41%), Manganese: 0.19mg (9.66%), Phosphorus: 88.31mg (8.83%), Copper: 0.17mg (8.52%), Fiber: 1.99g (7.95%), Vitamin B6: 0.14mg (7.16%), Vitamin B2: 0.11mg (6.72%), Iron: 1.11mg (6.16%), Magnesium: 20.1mg (5.03%), Vitamin B1: 0.07mg (4.53%), Potassium: 148.23mg (4.24%), Zinc: 0.57mg (3.78%), Folate: 15.11µg (3.78%), Vitamin B5: 0.37mg (3.71%), Calcium: 32.81mg (3.28%), Vitamin B12: 0.18µg (2.97%), Vitamin A: 133.65IU (2.67%), Vitamin D: 0.4µg (2.67%), Vitamin E: 0.38mg (2.54%)