



## Bûche de Noël

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup baking cocoa
- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 tablespoons butter softened
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 tablespoons milk
- ☐ 8 servings garnish: mint and cranberries fresh
- ☐ 3 tablespoon powdered sugar

- ☐ 3.8 cups powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

## Equipment

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

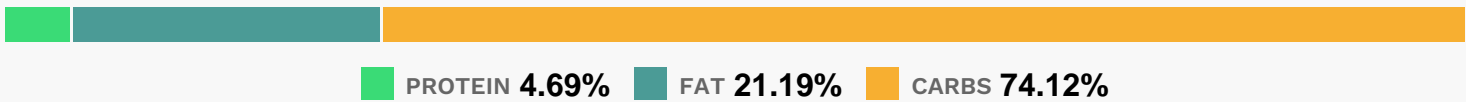
## Directions

- ☐ Combine flour, baking powder and salt; set aside. Beat egg whites with an electric mixer at high speed until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves, about 2 to 4 minutes; set aside.
- ☐ Beat egg yolks in a large mixing bowl with an electric mixer at high speed, gradually adding 1/2 cup sugar; beat 5 minutes, or until thick and pale.
- ☐ Add water and vanilla extract; beat well.
- ☐ Add flour mixture; beat just until blended. Fold in about 1/3 of egg white mixture. Gently fold in remaining egg white mixture.
- ☐ Grease bottom and sides of a 15"x10" jelly-roll pan. Line with wax paper; grease and flour.
- ☐ Spread batter evenly into pan.
- ☐ Bake at 375 for 10 minutes, or until springs back when lightly touched. Sift powdered sugar in a 15"x10" rectangle on a cloth. When cake is done, immediately loosen from sides of pan; turn out onto cloth. Peel off wax paper. Starting at narrow end, roll up cake and cloth together; cool

completely on a wire rack, seam side down.

- ☐ Unroll cake and remove towel.
- ☐ Spread half Chocolate Frosting onto cake; carefully reroll.
- ☐ Cut a 1-inch-thick diagonal slice from one end of cake roll.
- ☐ Place cake roll on a serving plate, seam side down. Position slice against side of cake roll to assemble knot; use frosting to "glue" in place.
- ☐ Spread remaining frosting over cake and knot. If frosting is soft, chill cake before serving.
- ☐ Garnish with fresh mint and fresh cranberries.
- ☐ Chocolate Frosting:In a large bowl, combine powdered sugar and cocoa.
- ☐ Add milk and butter to sugar mixture; beat with an electric mixer at medium speed until smooth.

## Nutrition Facts



## Properties

Glycemic Index:40.64, Glycemic Load:22.04, Inflammation Score:-4, Nutrition Score:7.6991305299427%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 487.7kcal (24.39%), Fat: 11.93g (18.35%), Saturated Fat: 6.76g (42.22%), Carbohydrates: 93.88g (31.29%), Net Carbohydrates: 91.39g (33.23%), Sugar: 77.49g (86.1%), Cholesterol: 105.76mg (35.25%), Sodium: 232.36mg (10.1%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 12.36mg (4.12%), Protein: 5.94g (11.87%), Selenium: 13.61µg (19.44%), Manganese: 0.34mg (16.78%), Vitamin B2: 0.23mg (13.4%), Copper: 0.25mg (12.65%), Phosphorus: 125.49mg (12.55%), Iron: 2.01mg (11.17%), Folate: 42.11µg (10.53%), Fiber: 2.49g (9.97%), Vitamin B1: 0.14mg (9.56%), Magnesium: 35.55mg (8.89%), Vitamin A: 441.9IU (8.84%), Calcium: 70.89mg (7.09%), Zinc: 0.84mg (5.57%), Vitamin B3: 1.09mg (5.46%), Vitamin B5: 0.48mg (4.76%), Vitamin B12: 0.27µg (4.57%), Potassium: 156.28mg (4.47%), Vitamin D: 0.56µg (3.76%), Vitamin E: 0.5mg (3.3%), Vitamin B6: 0.06mg (2.96%)