



## Bumble's Ginger Roulade

 Vegetarian

READY IN



1500 min.

SERVINGS



10

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup candied ginger chopped
- ☐ 1 large eggs separated
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground ginger
- ☐ 1 cup heavy whipping cream chilled
- ☐ 0.7 cup blackstrap molasses (not blackstrap)
- ☐ 6 tablespoons butter salted

- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

## Equipment

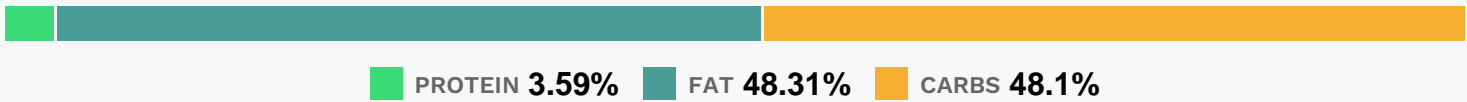
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ kitchen towels

## Directions

- ☐ Preheat oven to 350°F with rack in middle. Line bottom and sides of a buttered 15- by 10-inch shallow baking pan (1 inch deep) with a sheet of parchment paper and butter parchment.
- ☐ Melt butter with treacle, sugar, and water in a small saucepan over medium heat, stirring, then cool to room temperature, stirring occasionally.
- ☐ Whisk together flour, baking powder, and ground ginger in a large bowl.
- ☐ Whisk in butter mixture and egg yolk until smooth.
- ☐ Beat egg white in a medium bowl with an electric mixer until it just holds stiff peaks, then fold into batter gently but thoroughly.
- ☐ Pour into baking pan, spreading evenly, and bake until top is golden and firm to the touch, 18 to 22 minutes. Cool cake in pan 5 minutes, then cover cake with a slightly damp kitchen towel and cool completely, about 1 hour.
- ☐ Dust cake generously with confectioners sugar, then cover with a sheet of parchment, then with a baking sheet or rack. Invert cake and peel off parchment now on top.
- ☐ Beat cream until it just holds stiff peaks, then spread evenly over top of cake, leaving a 1/2-inch border.

- ☐ Sprinkle crystallized ginger over cream.
- ☐ Roll up cake, starting from a short side, to make a 10-inch log, removing parchment as you go.
- ☐ If desired, slices of roulade can be frozen (up to 1 week), then lightly sprinkled with turbinado sugar (such as Sugar in the Raw) and broiled (do not thaw first) in a shallow baking pan 5 to 6 inches from heat until golden, about 3 minutes.
- ☐ Roulade can be made 1 day ahead and chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:33.11, Glycemic Load:17.88, Inflammation Score:-5, Nutrition Score:7.0465218366488%

## Nutrients (% of daily need)

Calories: 294.07kcal (14.7%), Fat: 16.05g (24.69%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 35.58g (12.94%), Sugar: 26.07g (28.96%), Cholesterol: 63.55mg (21.18%), Sodium: 119.9mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Manganese: 0.5mg (24.87%), Selenium: 10.71µg (15.3%), Magnesium: 60.21mg (15.05%), Vitamin A: 586.84IU (11.74%), Potassium: 375.73mg (10.74%), Iron: 1.84mg (10.22%), Calcium: 92.59mg (9.26%), Vitamin B6: 0.17mg (8.72%), Vitamin B2: 0.13mg (7.88%), Vitamin B1: 0.11mg (7.64%), Copper: 0.14mg (6.84%), Folate: 26.45µg (6.61%), Phosphorus: 55.28mg (5.53%), Vitamin B3: 0.99mg (4.94%), Vitamin B5: 0.38mg (3.83%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.47mg (3.16%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.1µg (1.61%), Fiber: 0.37g (1.47%), Vitamin K: 1.4µg (1.34%)