



Caramelized Pecan-Praline Roulade

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 large egg whites
- ☐ 8 large egg whites
- ☐ 4 large egg yolks
- ☐ 0.3 teaspoon kosher for passover vanilla extract
- ☐ 1 teaspoon kosher for passover vanilla extract
- ☐ 0.3 cup praline powder divided
- ☐ 2 tablespoons praline powder

- ☐ 0.5 cup matzo meal divided
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.7 cup sugar divided
- ☐ 0.5 cup water
- ☐ 1 teaspoon vinegar white

Equipment

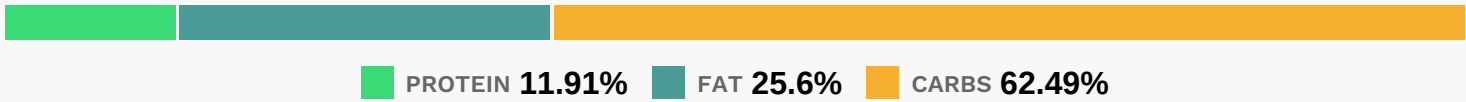
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ ziploc bags
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ To prepare cake, 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 2 tablespoons matzo meal.
- ☐ Preheat oven to 35
- ☐ Combine pecans, 1/4 cup matzo meal, 2 tablespoons Praline Powder, and baking soda in a food processor. Pulse 6 times or until coarsely ground.

- ☐ Combine 1 teaspoon vinegar, 1 teaspoon vanilla, 1/4 teaspoon salt, and 8 egg whites in a large bowl. Beat with an electric mixer at high speed until foamy. Gradually add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Combine 4 egg yolks and remaining 1/3 cup sugar in a medium bowl; beat until thick and pale, about 2 minutes. Stir in matzo mixture. Gently stir one-fourth of egg white mixture into egg yolk mixture; gently fold in remaining egg white mixture.
- ☐ Gently spread batter into prepared pan.
- ☐ Bake at 350 for 12 minutes or until cake springs back when touched lightly in center. Loosen cake from sides of pan, and turn out onto a dishtowel dusted with remaining 2 tablespoons matzo meal; carefully peel off wax paper. Cool 1 minute. Starting at end, roll up cake and towel together.
- ☐ Place, seam side down, on a wire rack; cool.
- ☐ To prepare filling, beat 1 teaspoon vinegar, 1/4 teaspoon vanilla, 1/8 teaspoon salt, and 3 egg whites with a mixer at high speed until foamy using clean, dry beaters.
- ☐ Combine 1/2 cup sugar and 1/2 cup water in a saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 25
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form, about 3 minutes.
- ☐ Unroll cake carefully; remove towel.
- ☐ Place about 1 cup of filling in a small zip-top plastic bag.
- ☐ Spread remaining filling over cake, leaving a 1/2-inch margin around outside edges.
- ☐ Sprinkle 3 tablespoons Praline Powder over filling. Reroll cake; place, seam side down, on a platter. Snip off an 1/8-inch opening in 1 bottom corner of bag; pipe filling over the top of roulade.
- ☐ Sprinkle with remaining 1 tablespoon Praline Powder.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:15.35, Inflammation Score:-1, Nutrition Score:6.2882608698438%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 168.21kcal (8.41%), Fat: 4.97g (7.64%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 26.65g (9.69%), Sugar: 19.9g (22.11%), Cholesterol: 61.2mg (20.4%), Sodium: 883.6mg (38.42%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 5.2g (10.4%), Calcium: 421.11mg (42.11%), Phosphorus: 196.26mg (19.63%), Selenium: 11.68µg (16.69%), Manganese: 0.25mg (12.58%), Vitamin B2: 0.19mg (11.16%), Iron: 1.25mg (6.96%), Vitamin B1: 0.06mg (4.25%), Copper: 0.07mg (3.67%), Magnesium: 12.59mg (3.15%), Vitamin B5: 0.29mg (2.92%), Folate: 11.47µg (2.87%), Zinc: 0.39mg (2.59%), Fiber: 0.62g (2.5%), Potassium: 83.05mg (2.37%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.31µg (2.04%), Vitamin B6: 0.04mg (1.89%), Vitamin A: 84.26IU (1.69%), Vitamin B3: 0.31mg (1.57%), Vitamin E: 0.21mg (1.42%)