



Cranberry meringue roulade

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large egg whites
- ☐ 1 tsp juice of lemon
- ☐ 200 g sugar white
- ☐ 1 handful almonds flaked
- ☐ 300 g cranberries frozen
- ☐ 250 ml pomegranate juice fresh (not pomegranate juice drink)
- ☐ 100 g sugar white to taste
- ☐ 0.3 tsp ground cinnamon

- ☐ 0.3 tsp tapioca/arrowroot flour mixed with 1 tsp cold water
- ☐ 3 tbsp powdered sugar for dusting sifted
- ☐ 300 ml double cream
- ☐ 170 g greek yogurt
- ☐ 0.5 tsp vanilla paste

Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease then line a 23 x 32cm shallow baking tray. Using electric hand beaters, whisk the egg whites, lemon juice and a pinch of salt until stiff but not dry.
- ☐ Add 1 tbsp of the caster sugar, then whisk until the mixture thickens again to make stiff peaks. Repeat with the rest of the sugar, spoon by spoon, until the mix resembles thick shiny shaving foam.
- ☐ Spread the mixture into the tin, scatter with almonds, then bake for 15 mins or until risen, firm and golden. Cool completely. (It will deflate.)
- ☐ Simmer the cranberries in the pomegranate juice for 10 mins until tender.
- ☐ Add the sugar and cinnamon, and simmer for 5 mins or until syrupy. Taste and add more sugar if you need to. Stir in the arrowroot until the juices thicken, then leave to cool.
- ☐ To assemble, sift plenty of icing sugar over a large piece of parchment, then carefully flip the meringue onto it.
- ☐ Remove the tin and the baking parchment. With a short end facing you, score a line 2cm into meringue. Whip all the cream ingredients until thick but not stiff, then spread over the meringue. Spoon over about 1/3 of the cranberry sauce.
- ☐ Roll up the roulade, starting with the scored short end and using the paper underneath to help. Carefully lift onto a serving plate and serve with the remaining saucy cranberries.

Nutrition Facts

PROTEIN 6.46% FAT 37.93% CARBS 55.61%

Properties

Glycemic Index:35.65, Glycemic Load:27.72, Inflammation Score:-5, Nutrition Score:6.1813043615092%

Flavonoids

Cyanidin: 18.29mg, Cyanidin: 18.29mg, Cyanidin: 18.29mg, Cyanidin: 18.29mg Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 364.61kcal (18.23%), Fat: 15.86g (24.4%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 50.43g (18.34%), Sugar: 48.39g (53.76%), Cholesterol: 43.69mg (14.56%), Sodium: 49.42mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin B2: 0.27mg (15.65%), Manganese: 0.27mg (13.63%), Vitamin E: 1.93mg (12.88%), Vitamin A: 578.2IU (11.56%), Selenium: 7.07µg (10.1%), Phosphorus: 79.14mg (7.91%), Fiber: 1.9g (7.6%), Vitamin C: 5.75mg (6.97%), Calcium: 67.65mg (6.77%), Potassium: 222.38mg (6.35%), Vitamin K: 6.53µg (6.22%), Magnesium: 21.56mg (5.39%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (4.07%), Vitamin D: 0.6µg (4.02%), Vitamin B12: 0.22µg (3.73%), Folate: 13.71µg (3.43%), Vitamin B6: 0.07mg (3.39%), Zinc: 0.39mg (2.63%), Vitamin B1: 0.03mg (2.01%), Iron: 0.35mg (1.96%), Vitamin B3: 0.34mg (1.69%)