



Dulce de Leche and Coconut Roll (Pionono de Arequipe Y Coco)



Vegetarian



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

BREAD

Ingredients

- ☐ 0.5 cup coconut or shredded
- ☐ 1 cup dulce de leche
- ☐ 6 eggs separated
- ☐ 0.5 cup flour all-purpose sifted
- ☐ 6 servings powdered sugar
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon vanilla extract

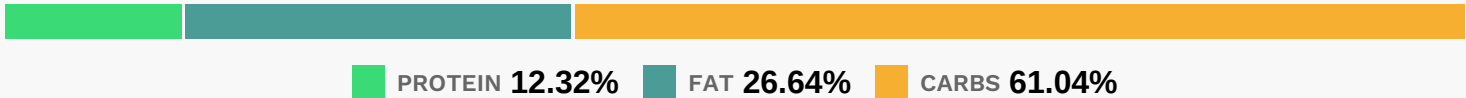
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 400° F.Line a 9 x 13 brownie pan with parchment paper.
- ☐ Place the egg whites in a large clean bowl and with an electric mixer, beat until form soft peaks. Gradually add the egg yolks, one at a time until combined.
- ☐ Add the flour, vanilla extract and sugar and mix until well combined.Spoon the mixture into the prepared pan, spreading evenly.
- ☐ Bake for 15 minutes or until golden.Mean while, spread out a sheet of waxed paper or a wet towel . Turn out the cake onto the waxed paper or wet towel .
- ☐ Roll up the cake loosely from one short side, with the paper inside.
- ☐ Let it cool.Unroll and remove the paper.
- ☐ Spread the dulce de leche and sprinkle coconut flakes over the cake.
- ☐ Roll up and dust with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:17.43, Inflammation Score:-1, Nutrition Score:6.1608696275431%

Nutrients (% of daily need)

Calories: 220.2kcal (11.01%), Fat: 6.57g (10.11%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 33g (12%), Sugar: 25.08g (27.87%), Cholesterol: 163.68mg (54.56%), Sodium: 64.36mg (2.8%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 6.84g (13.68%), Selenium: 17.86µg (25.52%), Vitamin B2:

0.26mg (15.22%), Phosphorus: 105.91mg (10.59%), Folate: 41.48µg (10.37%), Manganese: 0.18mg (9.24%), Iron: 1.43mg (7.94%), Vitamin B5: 0.74mg (7.4%), Vitamin B1: 0.1mg (6.92%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Zinc: 0.72mg (4.78%), Vitamin A: 237.6IU (4.75%), Vitamin B6: 0.08mg (4.15%), Copper: 0.08mg (3.88%), Fiber: 0.88g (3.53%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.48mg (3.23%), Potassium: 96.34mg (2.75%), Calcium: 27.4mg (2.74%), Magnesium: 9.73mg (2.43%)