



## Five-Spice Toasted-Coconut Cake Roll with Tropical Fruit Compote

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

DESSERT

### Ingredients

- ☐ 0.8 teaspoon five spice powder
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup cake flour sifted
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 tablespoons rum dark
- ☐ 6 large egg whites

- ☐ 0.8 cup granulated sugar divided
- ☐ 1 cup kiwi fruit cubed peeled ()
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 pint mandarin orange segments whole with passionfruit sorbet (such as edy's fruit sorbet), softened
- ☐ 1 cup mangos ripe cubed peeled ()
- ☐ 1 cup pineapple fresh cubed ()
- ☐ 2 tablespoons powdered sugar
- ☐ 1 Dash salt
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 1 teaspoon vanilla extract

## Equipment

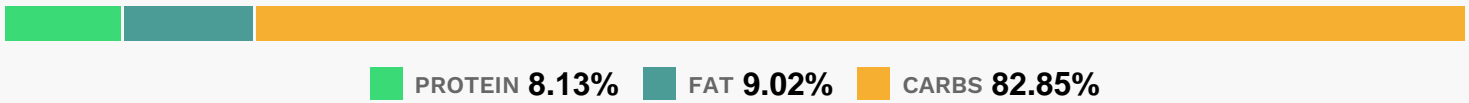
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ kitchen towels
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ To prepare cake, line the bottom of a 15 x 10-inch jelly roll pan with wax paper.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.

- ☐ Combine flour, 6 tablespoons granulated sugar, and five-spice powder, stirring with a whisk.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt, and beat until soft peaks form.
- ☐ Add 6 tablespoons granulated sugar, 2 tablespoons at a time, beating until stiff peaks form. Beat in juice and extracts.
- ☐ Sift 1/4 cup flour mixture over egg white mixture; fold in. Repeat procedure with remaining flour mixture, 1/4 cup at a time.
- ☐ Spread batter into prepared pan.
- ☐ Sprinkle with 1/3 cup coconut.
- ☐ Bake at 325 for 20 minutes or until cake springs back when lightly touched.
- ☐ Place a clean dish towel over a large wire rack; dust with powdered sugar. Loosen cake from sides of pan; turn out onto towel. Carefully peel off wax paper; cool for 3 minutes. Starting at narrow end, roll up cake and towel together.
- ☐ Place, seam side down, on wire rack; cool cake completely. Unroll cake, and remove towel.
- ☐ Spread sorbet over cake, leaving a 1/2-inch border around outside edges. Reroll cake. Wrap cake in plastic wrap; freeze 1 hour or until firm.
- ☐ To prepare compote, combine mango, pineapple, kiwi, brown sugar, and rum, and let stand 20 minutes.
- ☐ Cut cake into 16 slices, and place 2 slices on each of 8 plates. Spoon about 1/4 cup compote over each serving, and sprinkle each serving with 1 1/2 teaspoons toasted coconut.

## Nutrition Facts



## Properties

Glycemic Index:45.27, Glycemic Load:23.75, Inflammation Score:-6, Nutrition Score:8.9017391982286%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin:

5.94mg, Naringenin: 5.94mg, Naringenin: 5.94mg, Naringenin: 5.94mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 240.45kcal (12.02%), Fat: 2.41g (3.71%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 46.67g (16.97%), Sugar: 39.29g (43.66%), Cholesterol: 0mg (0%), Sodium: 67.79mg (2.95%), Alcohol: 1.53g (100%), Alcohol %: 1.02% (100%), Protein: 4.89g (9.79%), Vitamin C: 50.01mg (60.61%), Manganese: 0.39mg (19.37%), Selenium: 9.48µg (13.54%), Vitamin A: 658.52IU (13.17%), Fiber: 3.21g (12.82%), Vitamin B2: 0.16mg (9.5%), Vitamin K: 9.95µg (9.48%), Potassium: 312.31mg (8.92%), Folate: 31.74µg (7.94%), Copper: 0.15mg (7.32%), Magnesium: 24.06mg (6.01%), Vitamin B6: 0.12mg (5.87%), Vitamin B1: 0.07mg (4.82%), Calcium: 43.43mg (4.34%), Phosphorus: 43.41mg (4.34%), Vitamin E: 0.63mg (4.19%), Vitamin B3: 0.71mg (3.56%), Vitamin B5: 0.35mg (3.51%), Iron: 0.6mg (3.33%), Zinc: 0.26mg (1.73%)