



Jolynn's Meringue Gâteau

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



442 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 1 tablespoon almonds toasted sliced
- 1 cup cake flour sifted
- 10 servings chocolate syrup
- 1 tablespoon cornstarch
- 0.5 teaspoon cream of tartar
- 2 egg whites
- 4 egg whites

- 4 egg whites at room temperature ()
- 3 egg yolks
- 1 teaspoon olive oil
- 10 servings pastry cream
- 0.5 cup powdered sugar sifted
- 0.5 cup sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- wax paper

Directions

- Preheat oven to 45
- Coat a 15 x 10-inch jelly-roll pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray, and set pan aside.
- Combine flour and cornstarch in a small bowl; stir well, and set aside.
- Combine 1/2 cup sugar, oil, 3 egg yolks, and 2 egg whites in a large bowl; beat at high speed of a mixer until thick and pale (about 5 minutes).
- Add vanilla; beat until blended.
- Add flour mixture to egg mixture, beating at low speed until blended; set aside.
- Beat 4 egg whites and 1/2 teaspoon cream of tartar at high speed of a mixer until foamy.
- Add 1 tablespoon sugar; beat until stiff peaks form. Gently fold egg white mixture into batter; pour batter into prepared pan, spreading evenly.

- Bake at 450 for 6 minutes. Turn oven off.
- Loosen cake from sides of pan, and turn out onto a dishtowel; carefully peel off wax paper, and let cake cool 1 minute. Starting at narrow end, roll up cake and towel together.
- Place, seam side down, on a wire rack, and let cool completely (about 1 hour).
- Unroll cake carefully; remove towel.
- Brush Chocolate Syrup over cake, leaving a 1/2-inch margin around outside edges.
- Spread Pastry Cream over syrup, leaving a 2-inch margin around outside edges. Reroll cake; place, seam side down, on an ovenproof serving platter.
- Preheat oven to 32
- Beat 4 egg whites and 1/2 teaspoon cream of tartar at high speed of a mixer until foamy.
- Add powdered sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Add almond extract, and beat until blended.
- Spread meringue over cake roll (cake should be completely covered with meringue), and sprinkle almonds over meringue.
- Bake at 325 for 25 minutes. Cover loosely, and chill at least 1 hour.
- Lighter Than Light version: Here's how you can lower the fat in Jolynn's Meringue Gteau even further without sacrificing the taste.
- Omit the chocolate morsels in the Chocolate Syrup, and increase the water to 3 tablespoons.
- Use 1 (32-ounce) carton plain non-fat yogurt in the Pastry Cream, and use 1/8 teaspoon vanilla extract in addition to the almond extract. Increase the sugar to 1/3 cup.
- CALORIES 232 (10% from fat); PROTEIN 2g; FAT 7g (sat 7g, mono 1g, poly 4g); CARB 6g; FIBER 1g; CHOL 65mg; IRON 3mg; SODIUM 89mg; CALC 130mg

Nutrition Facts



PROTEIN 11.14% **FAT 17.75%** **CARBS 71.11%**

Properties

Glycemic Index:25.38, Glycemic Load:22.78, Inflammation Score:-4, Nutrition Score:11.683478190847%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 442.39kcal (22.12%), Fat: 8.72g (13.41%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 78.58g (26.19%), Net Carbohydrates: 77.11g (28.04%), Sugar: 44.09g (48.99%), Cholesterol: 130.23mg (43.41%), Sodium: 200.33mg (8.71%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 12.31g (24.61%), Selenium: 23.17µg (33.1%), Vitamin B2: 0.51mg (30.18%), Phosphorus: 277.54mg (27.75%), Calcium: 215.48mg (21.55%), Manganese: 0.29mg (14.67%), Copper: 0.29mg (14.67%), Magnesium: 58.04mg (14.51%), Vitamin B12: 0.87µg (14.42%), Potassium: 481.95mg (13.77%), Vitamin D: 1.98µg (13.22%), Vitamin B5: 1.27mg (12.69%), Iron: 1.67mg (9.25%), Zinc: 1.29mg (8.57%), Vitamin B1: 0.11mg (7.49%), Folate: 27.14µg (6.78%), Vitamin A: 334.75IU (6.69%), Vitamin B6: 0.12mg (5.96%), Fiber: 1.47g (5.89%), Vitamin E: 0.6mg (3.97%), Vitamin B3: 0.51mg (2.56%)