



## Lemon-Poppy Seed Roulade

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.7 cup cake flour sifted
- 2 teaspoons cake flour
- 4 large egg whites
- 4 large egg yolk
- 0.8 cup granulated sugar divided
- 0.5 cup lemon curd (such as Crosse & Blackwell)
- 1 tablespoon juice of lemon fresh

- 1 teaspoon lemon zest grated
- 1 tablespoon poppy seeds
- 3 tablespoons powdered sugar divided
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

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

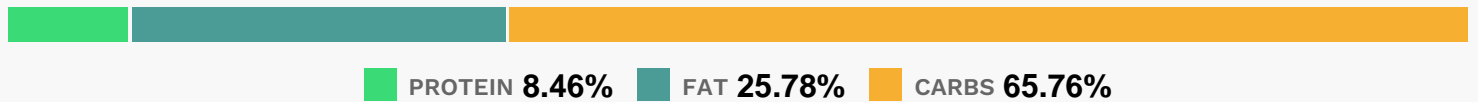
## Directions

- Preheat oven to 350
- 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 teaspoons flour.
- Beat egg whites at high speed of a mixer until foamy. Gradually add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Beat egg yolks in a large bowl at high speed of a mixer for 4 minutes. Gradually add 1/4 cup granulated sugar, beating until thick and pale (about 2 minutes). Beat in lemon rind, juice, and oil. Gently fold egg white mixture into egg yolk mixture.
- Combine 2/3 cup flour, poppy seeds, baking powder, and salt, stirring well with a whisk; gently fold into egg mixture.
- Spoon cake batter into prepared pan.
- Bake at 350 for 10 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 1 tablespoon powdered

sugar; carefully peel off wax paper.

- Sprinkle with 1 tablespoon powdered sugar; cool 1 minute. Starting at narrow end, roll up cake and towel together.
- Place, seam side down, on a wire rack; cool completely (about 1 hour).
- Unroll the cake carefully, removing the towel.
- Combine the whipped topping and lemon curd.
- Spread the whipped topping mixture over the cake, leaving a 1/2-inch margin around the outside edges. Reroll cake, and place, seam side down, on a platter. Cover and chill for 4 hours. Sift 1 tablespoon powdered sugar over cake, and cut into slices.

## Nutrition Facts



## Properties

Glycemic Index:37.64, Glycemic Load:18.41, Inflammation Score:-1, Nutrition Score:4.0873913091162%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 249.72kcal (12.49%), Fat: 7.22g (11.11%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 40.91g (14.88%), Sugar: 32.62g (36.25%), Cholesterol: 91.99mg (30.66%), Sodium: 207.06mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Selenium: 12.96µg (18.51%), Manganese: 0.17mg (8.54%), Vitamin B2: 0.14mg (8.12%), Phosphorus: 74.2mg (7.42%), Calcium: 66.7mg (6.67%), Folate: 18.33µg (4.58%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 3.52µg (3.35%), Vitamin B12: 0.2µg (3.32%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.46µg (3.06%), Iron: 0.53mg (2.97%), Zinc: 0.4mg (2.64%), Vitamin A: 129.97IU (2.6%), Copper: 0.05mg (2.59%), Magnesium: 9.85mg (2.46%), Vitamin B1: 0.04mg (2.44%), Fiber: 0.55g (2.18%), Vitamin B6: 0.04mg (2.03%), Potassium: 67.64mg (1.93%), Vitamin C: 1.06mg (1.28%)