



Lemon Roulade

READY IN



70 min.

SERVINGS



40

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup buttermilk at room temperature
- ☐ 1.5 cups powdered sugar
- ☐ 3 tablespoons powdered sugar
- ☐ 16 ounces cream cheese cut into pieces at room temperature
- ☐ 3 large eggs at room temperature
- ☐ 3 large eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon gelatin powder

- ☐ 1 teaspoon lemon extract
- ☐ 0.8 cup juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 pinch salt
- ☐ 10 ounce strawberries halved
- ☐ 0.8 cup sugar
- ☐ 8 tablespoons butter unsalted cut into cubes (1 stick)
- ☐ 8 tablespoons butter unsalted cut into cubes at room temperature (1 stick)
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ toothpicks

Directions

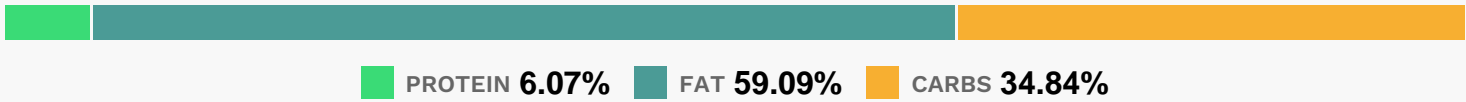
- ☐ Sprinkle gelatin over 1 Tbsp. lemon juice in a bowl. Set a sieve over a bowl.
- ☐ Mix remaining ingredients in a heavy saucepan.

- ☐ Place over medium-low heat and cook, stirring constantly, until thick enough to coat the back of a spoon, 7 to 10 minutes. Do not boil.
- ☐ Remove from heat; stir in gelatin until smooth. Strain into bowl. Discard solids. Cover bowl with plastic wrap, pressing onto surface. Chill until firm, at least 4 hours. (Can be made up to 5 days ahead. Keep chilled.)
- ☐ Place rack in lower third of oven; preheat to 375F. Line a 15-by-10 1/2-inch rimmed baking sheet with parchment, allowing edges to hang over by 2 inches on short ends. Mist with cooking spray; dust with flour.
- ☐ Whisk flour, baking powder and salt to combine. In a large bowl, using an electric mixer on medium-high speed, beat eggs, sugar and extracts until thick, about 5 minutes. Sift half of flour mixture on top; gently fold in. Repeat with remaining flour mixture. Fold in buttermilk.
- ☐ Spread batter evenly on baking sheet.
- ☐ Bake until toothpick inserted into center comes out clean, 12 to 15 minutes.
- ☐ Remove to wire rack.
- ☐ Run a knife around edges of cake; let cool 5 minutes. Sift 1 1/2 Tbsp. confectioners' sugar over cake; cover with a clean towel. Set a baking sheet on top of towel; invert cake onto towel.
- ☐ Remove sheet. Gently peel off parchment.
- ☐ Sprinkle cake with remaining confectioners' sugar. Trim crisp edges.
- ☐ Roll up cake with towel, starting from 1 short end.
- ☐ Place on a rack, seam-side down.
- ☐ Let cool for 15 minutes.
- ☐ Make frosting: Using an electric mixer, beat butter and sugar on medium speed until light, about 1 minute. Scrape down bowl. With mixer on low, beat in cream cheese until no lumps remain, about 2 minutes. (Do not overbeat.) Stir in zest and vanilla.
- ☐ Gently unroll cake.
- ☐ Spread with 1 cup filling, leaving a 1-inch border at 1 of the short ends. (You'll have filling left over; cover and chill.)
- ☐ Roll cake back up, starting at end with filling flush to edge.
- ☐ Transfer to platter, seam-side down.
- ☐ Spread frosting on all sides. Cover with plastic wrap; refrigerate for at least 1 hour.
- ☐ Let stand at room temperature for 15 minutes.

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Garnish with strawberries, if desired.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:4.3, Inflammation Score:-2, Nutrition Score:2.4895652428917%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 138.59kcal (6.93%), Fat: 9.29g (14.29%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 12.08g (4.39%), Sugar: 9.77g (10.86%), Cholesterol: 51.61mg (17.2%), Sodium: 61.06mg (2.65%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 2.15g (4.3%), Vitamin C: 6.2mg (7.51%), Vitamin A: 337.26IU (6.75%), Selenium: 4.33µg (6.18%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 36.88mg (3.69%), Folate: 11.77µg (2.94%), Calcium: 26.9mg (2.69%), Manganese: 0.05mg (2.41%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.22mg (2.19%), Vitamin B1: 0.03mg (1.88%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.26µg (1.73%), Iron: 0.31mg (1.7%), Potassium: 48.07mg (1.37%), Vitamin B6: 0.03mg (1.34%), Zinc: 0.2mg (1.31%), Magnesium: 4.03mg (1.01%)