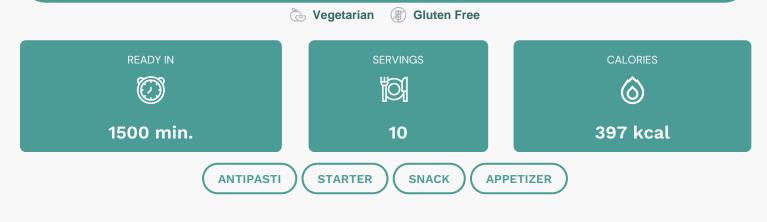


Meringue Roulade with Anise Cream



Ingredients

1.5 teaspoons aniseed
5 large egg whites
10 servings figs
1.3 cups granulated sugar
2 tablespoons granulated sugar
1.5 cups cup heavy whipping cream chilled
O.1 teaspoon salt
10 servings vegetable oil for greasing pan

Equipment	
	bowl
	baking paper
	oven
	plastic wrap
	baking pan
	hand mixer
	spatula
Directions	
	Put oven rack in middle position and preheat oven to 350°F. Lightly brush a 15- by 10-inch shallow baking pan (1/2 inch to 1 inch deep) with vegetable oil and line bottom and sides of pan with parchment paper, then lightly oil parchment.
	Beat whites with salt in a bowl with an electric mixer at medium speed until they just hold soft peaks.
	Add superfine sugar a little at a time, beating, then increase speed to high and continue to beat until whites hold stiff, glossy peaks, about 2 minutes.
	Spread meringue evenly in baking pan and bake until top is pale golden and crisp, 20 to 25 minutes (interior of meringue will be soft). Put a sheet of parchment over meringue and invert a rack over parchment, then flip meringue onto rack and remove parchment (from baking pan) from top. Cool meringue completely, about 15 minutes.
	Finely grind sugar with anise seeds in coffee/spice grinder. Beat cream in a bowl with cleaned beaters until it just holds soft peaks, then add anise sugar, beating until cream just holds stiff peaks.
	Slide meringue (still on parchment) off rack and arrange with a long side nearest you, then spread anise cream evenly over bottom two thirds of meringue, leaving a 1-inch border on each short end. Using parchment as an aid and rolling away from you, roll up meringue. Carefully transfer roulade with 2 metal spatulas to a platter and discard paper.
	Roulade can be made 1 day ahead and chilled, covered with plastic wrap.

Nutrition Facts

Properties

Glycemic Index:20.62, Glycemic Load:24.1, Inflammation Score:-4, Nutrition Score:5.046956518422%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Uercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 397.22kcal (19.86%), Fat: 27.2g (41.85%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.68g (13.34%), Sugar: 36.65g (40.73%), Cholesterol: 40.34mg (13.45%), Sodium: 66.92mg (2.91%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.24g (6.48%), Vitamin K: 29.24µg (27.85%), Vitamin A: 596.72IU (11.93%), Vitamin E: 1.53mg (10.19%), Vitamin B2: 0.17mg (10.04%), Selenium: 4.65µg (6.64%), Fiber: 1.49g (5.98%), Potassium: 181.69mg (5.19%), Calcium: 44.45mg (4.44%), Vitamin D: 0.57µg (3.81%), Manganese: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.59%), Magnesium: 13.32mg (3.33%), Phosphorus: 31.5mg (3.15%), Vitamin B5: 0.27mg (2.75%), Vitamin B1: 0.04mg (2.59%), Copper: 0.05mg (2.37%), Iron: 0.36mg (2.01%), Vitamin C: 1.28mg (1.55%), Folate: 5.12µg (1.28%), Vitamin B3: 0.25mg (1.25%), Zinc: 0.18mg (1.23%), Vitamin B12: 0.07µg (1.2%)