



## Meringue Roulade with Anise Cream



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



10

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons anise seeds
- ☐ 5 large egg whites
- ☐ 10 servings accompaniment: baked figs in lemon syrup
- ☐ 1.3 cups superfine granulated sugar
- ☐ 2 tablespoons regular granulated sugar
- ☐ 1.5 cups heavy cream chilled
- ☐ 0.1 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



 PROTEIN 3.16%  FAT 59.64%  CARBS 37.2%

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, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 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 %: 0% (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%)