

Orange Sponge Cake Roll

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- 1 cup cake flour
- 2 tablespoons powdered sugar divided
- 7 egg whites
- 4 egg yolk
- 1.3 cups orange marmalade
- 1 tablespoon juice of lemon
- 1 strips orange zest (1 to 3 inches)
- 1 tablespoon orange zest grated

- 0.1 teaspoon salt
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- kitchen towels

Directions

- Place egg whites in a large bowl; let stand at room temperature for 30 minutes. Line a greased 15-in. x 10-in. x 1-in. baking pan with waxed paper; coat the paper with cooking spray and set aside.
- In a large bowl, beat egg yolks on high speed for 5 minutes or until thick and lemon-colored. Gradually beat in sugar. Stir in the orange peel, lemon juice and vanilla. Sift flour and salt together twice; gradually add to yolk mixture and mix well (batter will be very thick).
- In a large bowl with clean beaters, beat egg whites on medium speed until stiff peaks form. Gradually fold into batter.
- Spread evenly into prepared pan.
- Bake at 350° for 12–15 minutes or until cake springs back when lightly touched in center. Cool in pan on a wire rack for 5 minutes.
- Invert onto a kitchen towel dusted with 1 tablespoon confectioners' sugar. Gently peel off waxed paper.
- Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.
- Unroll cake; spread marmalade evenly over cake to within 1/2 in. of edges.
- Roll up again.

Place seam side down on a serving platter. Cover and refrigerate for 1 hour. Dust with remaining confectioners' sugar.

Garnish with orange peel strips if desired.

Nutrition Facts

 **PROTEIN 8.06%**  **FAT 7.89%**  **CARBS 84.05%**

Properties

Glycemic Index:17.14, Glycemic Load:20.43, Inflammation Score:-1, Nutrition Score:4.4786956715195%

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: 303.98kcal (15.2%), Fat: 2.76g (4.24%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 66.05g (22.02%), Net Carbohydrates: 65.22g (23.72%), Sugar: 51.03g (56.7%), Cholesterol: 97.2mg (32.4%), Sodium: 112.84mg (4.91%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 6.33g (12.67%), Selenium: 16.93µg (24.18%), Vitamin B2: 0.19mg (11.17%), Manganese: 0.14mg (7.17%), Folate: 24.48µg (6.12%), Phosphorus: 56.54mg (5.65%), Vitamin C: 4.32mg (5.23%), Copper: 0.09mg (4.46%), Vitamin B5: 0.4mg (4.02%), Calcium: 36.57mg (3.66%), Vitamin B12: 0.2µg (3.32%), Vitamin A: 164.88IU (3.3%), Fiber: 0.82g (3.29%), Vitamin D: 0.49µg (3.24%), Iron: 0.5mg (2.79%), Potassium: 91.3mg (2.61%), Vitamin B6: 0.05mg (2.53%), Zinc: 0.37mg (2.49%), Vitamin B1: 0.03mg (2.23%), Vitamin E: 0.33mg (2.2%), Magnesium: 8.58mg (2.14%), Vitamin B3: 0.22mg (1.11%)