



Peach Melba Cake Roll

READY IN



45 min.

SERVINGS



10

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 cup cake flour sifted
- ☐ 4 eggs separated
- ☐ 1 cup peach nonfat yogurt frozen
- ☐ 1 tablespoon peach schnapps
- ☐ 1 cup peaches fresh diced ripe
- ☐ 2 tablespoons powdered sugar sifted
- ☐ 12 ounce raspberries in syrup light frozen thawed
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar divided
- ☐ 1 teaspoon vanilla extract

Equipment

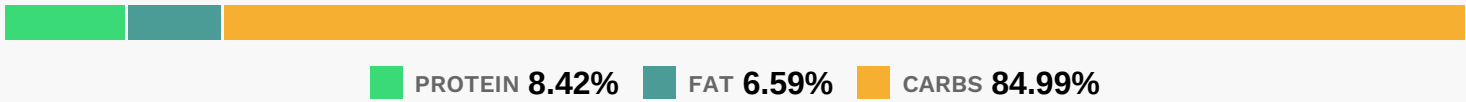
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Coat a 15- x 10- x 1-inch jellyroll pan with cooking spray. Line pan with wax paper; coat with cooking spray. Beat egg yolks until thick and pale.
- ☐ Add 1/2 cup sugar, beating well. Stir in vanilla.
- ☐ Beat egg whites at high speed of an electric mixer until foamy.
- ☐ Add remaining 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves. Fold egg white mixture into yolk mixture.
- ☐ Combine flour, baking powder, and salt. Fold flour mixture into egg mixture.
- ☐ Spread into pan.
- ☐ Bake at 375 for 10 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Sift 2 tablespoons powdered sugar in a 15- x 10-inch rectangle on a towel. When cake is done, immediately loosen from sides of pan, and turn out onto towel. Peel off wax paper. Starting at narrow end, roll up cake and towel together.
- ☐ Place, seam side down, on a wire rack; let cool completely.
- ☐ Place raspberries in container of an electric blender; cover and process until smooth, stopping twice to scrape down sides. Cover and chill.
- ☐ Combine peaches, yogurt, and schnapps. Unroll cake, and remove towel.
- ☐ Spread yogurt mixture over cake, leaving a 1-inch margin around edges. Re-roll cake; cover and freeze until yogurt mixture is firm.

Serve each slice on top of 1 tablespoon plus 2 teaspoons raspberry puree.

Nutrition Facts



Properties

Glycemic Index:26.93, Glycemic Load:18.98, Inflammation Score:-1, Nutrition Score:4.0647825495056%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epigallocatechin: 0.16mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 256.67kcal (12.83%), Fat: 1.98g (3.05%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 57.47g (19.16%), Net Carbohydrates: 57.02g (20.73%), Sugar: 45.43g (50.48%), Cholesterol: 65.96mg (21.99%), Sodium: 160.41mg (6.97%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 5.69g (11.39%), Selenium: 10.46µg (14.94%), Calcium: 101.24mg (10.12%), Phosphorus: 92.39mg (9.24%), Vitamin B2: 0.15mg (8.98%), Vitamin B12: 0.31µg (5.1%), Vitamin B5: 0.49mg (4.92%), Manganese: 0.09mg (4.59%), Zinc: 0.58mg (3.88%), Folate: 15.23µg (3.81%), Potassium: 116.02mg (3.31%), Vitamin A: 147.15IU (2.94%), Iron: 0.51mg (2.84%), Magnesium: 10.47mg (2.62%), Vitamin B6: 0.05mg (2.52%), Copper: 0.05mg (2.36%), Vitamin D: 0.35µg (2.35%), Vitamin E: 0.33mg (2.23%), Vitamin B1: 0.03mg (2%), Fiber: 0.46g (1.83%), Vitamin B3: 0.26mg (1.32%), Vitamin C: 0.85mg (1.03%)