



Rhubarb Roulade

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large eggs separated
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 6 servings accompaniment: lightly whipped cream sweetened
- ☐ 1 lb rhubarb stalks trimmed finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper
- ☐ kitchen towels
- ☐ serrated knife

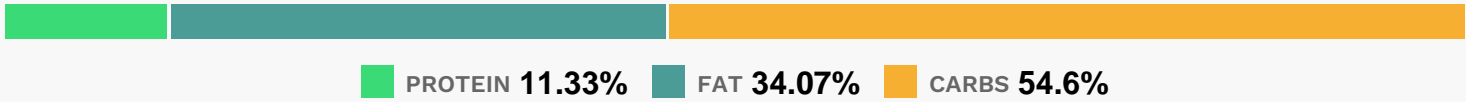
Directions

- ☐ Preheat oven to 350°F. Butter a 15- by 10- by 1-inch shallow baking pan and line with wax paper. Butter paper and dust with flour, knocking out excess.
- ☐ Beat together yolks, vanilla, and 5 tablespoons granulated sugar in a large bowl with an electric mixer at high speed until thick and pale, about 1 minute with a standing mixer or 3 minutes with a handheld.
- ☐ Beat whites with salt using cleaned beaters in another bowl until they just hold soft peaks.
- ☐ Add remaining 3 tablespoons granulated sugar, a little at a time, beating until whites just hold stiff peaks.
- ☐ Gently fold one third of flour and one third of whites into yolk mixture, then gently fold in remaining flour and whites in 2 more batches, making sure flour is thoroughly incorporated.
- ☐ Spread batter evenly in baking pan and bake in middle of oven until top is pale and dry to the touch, 10 to 12 minutes.
- ☐ Transfer cake in pan to a rack and cool, covered with a kitchen towel, 5 minutes.
- ☐ Cook rhubarb with sugar in a 12-inch nonstick skillet over moderately high heat (rhubarb will exude liquid), stirring, until rhubarb is a thick purée, about 8 minutes.
- ☐ Spread filling on a plate and chill 5 minutes.
- ☐ Remove towel and arrange cake with a short side nearest you.
- ☐ Spread rhubarb filling evenly over cake, leaving a 1-inch border on each short side. Put a platter next to far end of cake. Beginning with near short side and using wax paper as an aid, roll up cake jelly-roll style. Carefully transfer roll, seam side down, to platter, using wax paper

as an aid.

☐ Dust cake generously with confectioners sugar, then slice with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:20.53, Inflammation Score:-4, Nutrition Score:8.5230435495791%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 238.25kcal (11.91%), Fat: 9.08g (13.97%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 30.95g (11.25%), Sugar: 18.79g (20.88%), Cholesterol: 144.55mg (48.18%), Sodium: 105.04mg (4.57%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 6.79g (13.59%), Selenium: 16.46µg (23.52%), Vitamin K: 22.3µg (21.24%), Vitamin B2: 0.26mg (15.06%), Manganese: 0.27mg (13.32%), Folate: 49.55µg (12.39%), Vitamin B1: 0.15mg (10.08%), Calcium: 96.8mg (9.68%), Vitamin A: 474.61IU (9.49%), Phosphorus: 93.5mg (9.35%), Iron: 1.48mg (8.25%), Potassium: 281.77mg (8.05%), Vitamin C: 6.14mg (7.44%), Fiber: 1.78g (7.13%), Vitamin B5: 0.64mg (6.44%), Vitamin B3: 1.18mg (5.89%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%), Magnesium: 16.59mg (4.15%), Zinc: 0.62mg (4.12%), Vitamin B6: 0.08mg (4.09%), Vitamin E: 0.56mg (3.76%), Copper: 0.06mg (3.2%)