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Rollo Rojo de Guayaba (Colombian Red Roll Cake with Guava)



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



877 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all purpose flour sifted
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 eggs separated
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

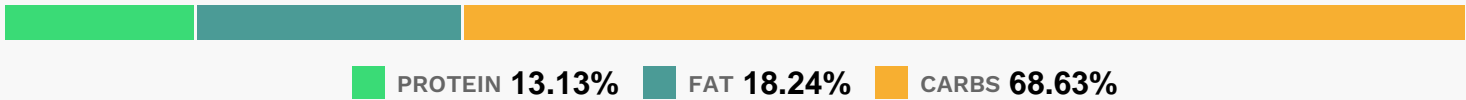
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ kitchen towels

Directions

- ☐ Preheat the oven to 375 degrees F. Butter a baking sheet. Line the baking sheet with parchment paper and butter the parchment paper, then brush with red food color all over. Set aside and lay a clean kitchen towel on a work surface and dust with sugar. With an electric mixer, beat egg whites in a bowl until stiff and set aside. In another bowl, beat the egg yolks until pale. Gradually add the sugar and vanilla extract. In another bowl sift together the flour and baking powder.
- ☐ Add the flour mixture to the egg yolk mixture and mix well. Fold in the egg whites into the flour-egg mixture.
- ☐ Spread the batter evenly over the colored parchment paper.
- ☐ Bake for 12 minutes or until the cake is golden. Run a table knife around the edges of the cake and invert the cake onto the prepared kitchen towel. Carefully peel off the parchment paper. Starting at the narrow end, roll up the cake and towel together, into a log. Cool completely on a wire rack. Unroll the cake and remove the towel, spread the jam over the cake.
- ☐ Roll up the cake and transfer, seam side down, to a serving plate.
- ☐ Sprinkle more sugar and when ready to serve, cut the roll into thick slices and arrange on a platter.

Nutrition Facts



Properties

Glycemic Index:237.09, Glycemic Load:104.82, Inflammation Score:-6, Nutrition Score:25.342608749866%

Nutrients (% of daily need)

Calories: 876.76kcal (43.84%), Fat: 17.67g (27.19%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 149.62g (49.87%), Net Carbohydrates: 147.93g (53.79%), Sugar: 101.13g (112.36%), Cholesterol: 654.72mg (218.24%), Sodium: 464.53mg (20.2%), Alcohol: 1.38g (100%), Alcohol %: 0.51% (100%), Protein: 28.63g (57.27%), Selenium: 75.82µg (108.32%), Vitamin B2: 1.14mg (66.82%), Folate: 197.1µg (49.27%), Phosphorus: 460.04mg (46%), Vitamin B1: 0.56mg (37.43%), Iron: 6.26mg (34.75%), Vitamin B5: 2.97mg (29.73%), Vitamin B12: 1.57µg (26.11%), Manganese: 0.49mg (24.45%), Vitamin D: 3.52µg (23.47%), Calcium: 226.9mg (22.69%), Vitamin B3: 3.84mg (19.19%), Vitamin A: 950.4IU (19.01%), Zinc: 2.72mg (18.15%), Vitamin B6: 0.33mg (16.39%), Vitamin E: 1.89mg (12.57%), Copper: 0.23mg (11.34%), Potassium: 318.08mg (9.09%), Magnesium: 35.89mg (8.97%), Fiber: 1.69g (6.77%)