



Rosemary-Lemon Cake Roll

 Vegetarian

READY IN



85 min.

SERVINGS



10

CALORIES



221 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 3 eggs
- 0.8 cup flour all-purpose
- 1 cup granulated sugar
- 1 teaspoon lemon zest grated
- 1 tablespoon powdered sugar
- 2 tablespoons powdered sugar
- 0.3 teaspoon salt

- 0.3 cup water
- 1 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- aluminum foil

Directions

- Heat oven to 375F. Line 15x10x1-inch pan with foil; grease generously with shortening.
- In large bowl, beat eggs with electric mixer on high speed about 5 minutes or until thick and lemon colored. Gradually beat in granulated sugar. On low speed, beat in water. Gradually beat in flour, baking powder and salt until smooth. Fold in rosemary and 1 teaspoon lemon peel.
- Pour into pan; spread evenly to corners.
- Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Immediately loosen cake from edges of pan and turn upside down onto towel generously sprinkled with 2 tablespoons powdered sugar. Carefully remove foil. Trim off stiff edges of cake if necessary. While cake is hot, carefully roll cake and towel from narrow end. Cool on cooling rack at least 40 minutes.
- In small bowl, beat whipping cream and 2 tablespoons powdered sugar with electric mixer on high speed until stiff. Stir in 1 teaspoon lemon peel.
- Unroll cake and remove towel.
- Spread filling over cake; roll up cake.
- Sprinkle with 1 tablespoon powdered sugar. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 5.89% ■ FAT 40.05% ■ CARBS 54.06%

Properties

Glycemic Index:23.71, Glycemic Load:19.24, Inflammation Score:-3, Nutrition Score:3.6882608792056%

Nutrients (% of daily need)

Calories: 220.56kcal (11.03%), Fat: 10g (15.39%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 30.11g (10.95%), Sugar: 23.08g (25.65%), Cholesterol: 76mg (25.33%), Sodium: 126.55mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Selenium: 8.08µg (11.54%), Vitamin B2: 0.16mg (9.16%), Vitamin A: 421.24IU (8.42%), Folate: 24.34µg (6.08%), Phosphorus: 58.85mg (5.89%), Vitamin B1: 0.08mg (5.58%), Calcium: 48.77mg (4.88%), Vitamin D: 0.64µg (4.3%), Iron: 0.75mg (4.15%), Manganese: 0.07mg (3.45%), Vitamin B5: 0.3mg (3.05%), Vitamin B3: 0.58mg (2.9%), Vitamin B12: 0.16µg (2.59%), Vitamin E: 0.36mg (2.42%), Zinc: 0.3mg (1.98%), Vitamin B6: 0.04mg (1.76%), Potassium: 51.72mg (1.48%), Copper: 0.03mg (1.44%), Magnesium: 5.53mg (1.38%), Fiber: 0.28g (1.1%)