



Strawberry cream roulade

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 ml milk
- ☐ 1 vanilla pod
- ☐ 3 large egg yolk
- ☐ 50 g sugar
- ☐ 1 tbsp flour plain
- ☐ 1 knob butter
- ☐ 1 tsp vanilla extract white
- ☐ 4 large egg whites

- ☐ 100 g sugar
- ☐ 100 g powdered sugar plus a little extra
- ☐ 150 ml double cream
- ☐ 450 g strawberries sliced

Equipment

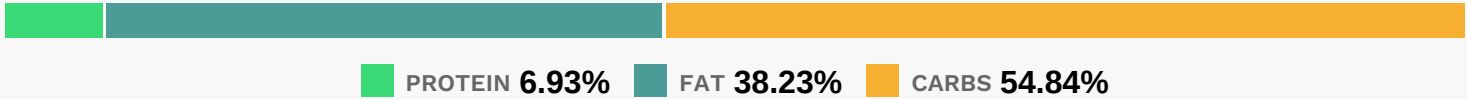
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Pour milk into a pan. Split vanilla pod lengthways and scrape out seeds, adding both to the pan. Slowly bring to the boil. Reduce heat and simmer for 2 mins.
- ☐ Meanwhile, put egg yolks, sugar and flour into a bowl. Using an electric beater, whisk until pale and fluffy.
- ☐ Whisk in a third of the hot milk, then add remainder.
- ☐ Add mixture to the pan and bring to the boil, stirring, until the custard is thickened. Reduce heat and simmer for 2 mins, stirring constantly. Fish out vanilla pod, beat in the butter and pour into a bowl. Cover surface with cling film, leave to cool, then chill. Can be made 1 day ahead.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Line the base and sides of a 23 x 33cm Swiss roll tin with baking parchment. Blend cornflour, vinegar and vanilla extract to a smooth paste. Tip egg whites into a clean bowl.
- ☐ Mix together sugars in a separate bowl.
- ☐ Whisk egg whites until stiff, then gradually whisk in the sugar, alternating with a little paste until the mixture is thick and glossy. Spoon into the prepared tin and smooth the top.
- ☐ Bake for 20 mins until crisp on top. Meanwhile, whisk the cream and fold into the custard.
- ☐ Remove the meringue from the oven and turn out onto a sheet of baking parchment, peel off the lining paper and leave to cool for a few mins.

- ☐ Spread the custard evenly over the meringue to within 5cm of the short ends and to the edge of the long ends. Scatter with the sliced strawberries. Using the parchment to help you, roll up the meringue from one short end.
- ☐ Transfer to a flat plate and dust with icing sugar

Nutrition Facts



Properties

Glycemic Index:42.9, Glycemic Load:15.46, Inflammation Score:-4, Nutrition Score:7.070869549461%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.98mg, Pelargonidin: 13.98mg, Pelargonidin: 13.98mg, Pelargonidin: 13.98mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 276.6kcal (13.83%), Fat: 12.02g (18.49%), Saturated Fat: 6.91g (43.16%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 37.65g (13.69%), Sugar: 36.01g (40.01%), Cholesterol: 99.68mg (33.23%), Sodium: 65.73mg (2.86%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Protein: 4.9g (9.8%), Vitamin C: 33.19mg (40.23%), Selenium: 8.8µg (12.58%), Vitamin B2: 0.21mg (12.37%), Manganese: 0.23mg (11.64%), Vitamin A: 493.76IU (9.88%), Phosphorus: 86mg (8.6%), Calcium: 71.61mg (7.16%), Vitamin D: 1µg (6.67%), Folate: 26.02µg (6.5%), Vitamin B12: 0.35µg (5.8%), Potassium: 189.2mg (5.41%), Vitamin B5: 0.47mg (4.68%), Fiber: 1.15g (4.6%), Vitamin E: 0.58mg (3.86%), Vitamin B6: 0.08mg (3.82%), Magnesium: 14.96mg (3.74%), Vitamin B1: 0.05mg (3.65%), Zinc: 0.42mg (2.8%), Iron: 0.5mg (2.77%), Copper: 0.04mg (2.1%), Vitamin K: 2.17µg (2.07%), Vitamin B3: 0.34mg (1.7%)