



Apple Butter Cake Roll



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup water
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup powdered sugar
- ☐ 1.5 cups spiced apple butter
- ☐ 1 teaspoon powdered sugar

Equipment

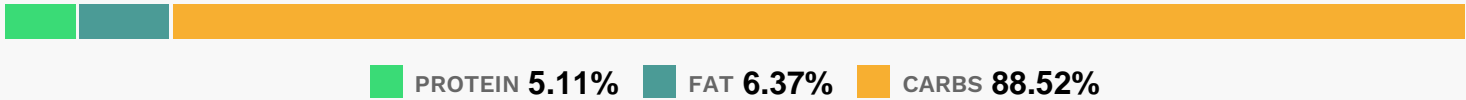
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Line 15x10x1-inch pan with cooking parchment paper, foil or waxed paper. In medium bowl, beat eggs with electric mixer on high speed about 5 minutes or until very thick and lemon colored.
- ☐ Gradually beat granulated sugar into eggs. On low speed, beat in water and vanilla. Gradually beat in flour, baking powder, cinnamon, cloves, allspice and salt just until batter is smooth.
- ☐ Pour batter into pan; spread to corners.
- ☐ Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Meanwhile, generously sprinkle 1/4 cup powdered sugar on clean towel.
- ☐ Immediately loosen cake from edges of pan; invert onto sugared towel. Carefully remove paper. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end.
- ☐ Place on cooling rack; cool at least 30 minutes.
- ☐ Unroll cake; remove towel.

- ☐
- Spread apple butter evenly over cake.
- ☐
- Roll up cake; sprinkle with 1 teaspoon powdered sugar. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:19.24, Inflammation Score:-1, Nutrition Score:3.6865217750487%

Nutrients (% of daily need)

Calories: 217.64kcal (10.88%), Fat: 1.56g (2.4%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 47.7g (17.34%), Sugar: 38.15g (42.39%), Cholesterol: 49.1mg (16.37%), Sodium: 126.83mg (5.51%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 2.81g (5.62%), Manganese: 0.28mg (14.1%), Selenium: 7.55µg (10.79%), Vitamin B2: 0.12mg (7.04%), Folate: 23.83µg (5.96%), Vitamin B1: 0.08mg (5.53%), Iron: 0.88mg (4.88%), Phosphorus: 48.66mg (4.87%), Calcium: 40.74mg (4.07%), Fiber: 0.99g (3.94%), Copper: 0.06mg (3.05%), Vitamin B3: 0.6mg (3.01%), Vitamin B5: 0.27mg (2.65%), Vitamin B6: 0.04mg (2.15%), Potassium: 69.86mg (2%), Vitamin B12: 0.12µg (1.96%), Zinc: 0.27mg (1.8%), Vitamin D: 0.26µg (1.76%), Vitamin A: 81.31IU (1.63%), Magnesium: 5.96mg (1.49%), Vitamin E: 0.18mg (1.18%)