

SIDE DISH

Cream Cheese and Apple Roulage

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
66 min	42 min	24 min	10	\$0.23	170 kcal

Cream Cheese and Apple Roulage might be a good recipe to expand your side dish repertoire. This recipe makes 10 servings with 170 calories, 3g of protein, and 2g of fat each. For 23 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ cup apple butter
- ☐ ½ teaspoon baking soda
- ☐ 3 large eggs
- ☐ 2 teaspoons all-purpose flour
- ☐ 2 tablespoons powdered sugar
- ☐ ¾ cup sugar
- ☐ ½ teaspoon baking powder
- ☐ ¼ cup chopped pitted dates
- ☐ 1 cup all-purpose flour
- ☐ 1 tablespoon powdered sugar
- ☐ ¼ teaspoon salt

EQUIPMENT Bowl, Frying pan, Oven, Knife, Wire rack, Blender, Wax paper, Measuring cup

Method

- 1

Preheat oven to 37
- 2

Coat a 15 x 10-inch jelly roll pan with cooking spray; line bottom with wax paper. Coat wax paper and sides of pan with cooking spray; dust with 2 teaspoons flour. Set aside.
- 3

Beat eggs in a large bowl with a mixer at high speed until foamy. Gradually add 3/4 cup sugar, beating until thick and pale (about 5 minutes).
- 4

Lightly spoon flour into a dry measuring cup; level with a knife.

- 5 Combine 1 cup flour and next 3 ingredients in a small bowl; stir well. Gently fold flour mixture into egg mixture. Fold in apple butter and dates.
- 6 Spread cake batter evenly into prepared pan.
- 7 Bake at 375 for 8 to 10 minutes or until a wooden pick inserted in center comes out clean.
- 8 Loosen cake from sides of pan, and turn out onto a dishtowel dusted with 2 tablespoons powdered sugar; carefully peel off wax paper. Starting at narrow end, roll up cake and towel together.
- 9 Place, seam side down, on a wire rack; cool completely (about 1 hour).
- 10 Unroll cake carefully; remove towel.
- 11 Spread Cheese and Apple Fillings evenly over cake. Reroll cake; place, seam side down, on a platter. Cover and chill 2 hours. Dust cake with 1 tablespoon powdered sugar.

Nutrition per serving

	170 KCAL	3 g PROTEIN	2 g FAT	36 g CARBS
Saturated Fat				0.5 g · 3% of daily needs
Fibre				0.9 g · 3% of daily needs
Sugar				24.7 g · 27% of daily needs
Sodium				158 mg · 7% of daily needs
Cholesterol				55.8 mg · 19% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cream-cheese-and-apple-roulage-147796