



Dried Fruit and Cream Cheese Roulade

READY IN



135 min.

SERVINGS



10

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces cream cheese
- 1 tablespoon apple jelly red
- 0.3 cup figs dried chopped
- 0.3 cup apricot dried chopped
- 2 ounces goat cheese crumbled (goat)
- 0.3 cup walnut pieces chopped
- 1 tablespoon chives fresh chopped
- 40 round buttery crackers assorted

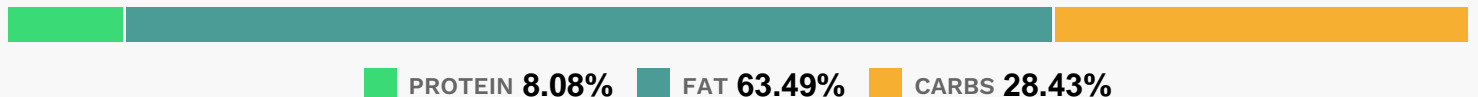
Equipment

- plastic wrap
- rolling pin

Directions

- Place cream cheese between 2 sheets of plastic wrap.
- Roll into 9x6-inch
- rectangle with rolling pin.
- Remove top sheet of wrap. Carefully spread jelly over
- cream cheese.
- Sprinkle with figs and apricots to within 1/2 inch of edges.
- Sprinkle
- with cheese.
- Using bottom sheet of wrap to help lift and starting at a long side, carefully roll
- up cheese mixture into a log. Carefully press walnuts into outside of log, rolling
- slightly to cover all sides. Wrap tightly in plastic wrap. Refrigerate at least 2 hours
- to set.
- To serve, place roulade on serving plate.
- Sprinkle with chives.
- Serve with
- crackers.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:2.32, Inflammation Score:-4, Nutrition Score:4.3965217147184%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 190.38kcal (9.52%), Fat: 13.73g (21.12%), Saturated Fat: 6.25g (39.04%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 12.92g (4.7%), Sugar: 5.63g (6.26%), Cholesterol: 25.51mg (8.5%), Sodium: 199.01mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin A: 502.33IU (10.05%), Manganese: 0.19mg (9.5%), Phosphorus: 85.35mg (8.54%), Vitamin K: 7.68µg (7.31%), Vitamin B2: 0.12mg (6.89%), Copper: 0.12mg (6.24%), Calcium: 55.82mg (5.58%), Vitamin E: 0.79mg (5.3%), Vitamin B1: 0.08mg (5.12%), Iron: 0.88mg (4.87%), Selenium: 2.93µg (4.19%), Vitamin B3: 0.77mg (3.87%), Folate: 15.44µg (3.86%), Fiber: 0.91g (3.64%), Potassium: 112.44mg (3.21%), Vitamin B6: 0.06mg (3.1%), Magnesium: 12.1mg (3.03%), Vitamin B5: 0.26mg (2.65%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.06µg (1.01%)