



Herby cheese roulade

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings vegetable oil for greasing
- ☐ 50 g butter
- ☐ 3 garlic clove crushed
- ☐ 50 g flour plain
- ☐ 300 ml milk
- ☐ 75 g pecorino cheese finely grated
- ☐ 4 medium eggs separated
- ☐ 15 g flat parsley chopped

- ☐ 1 tbsp olive oil
- ☐ 25 g butter
- ☐ 225 g spring mix of spinach shredded green
- ☐ 1 garlic clove crushed

Equipment

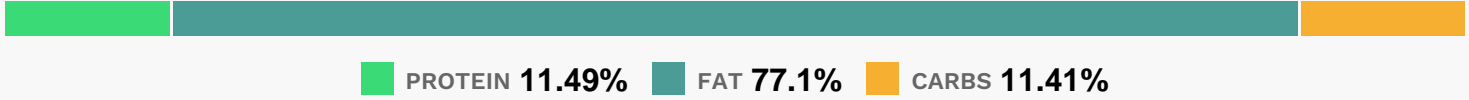
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Oil a 23 x 33cm Swiss roll tin.
- ☐ Cut a rectangle of baking parchment 4cm larger all round than the tin. Fold in a 2cm strip all round, making a diagonal cut into each corner.
- ☐ For the roulade, melt the butter in a large pan.
- ☐ Add the garlic and fry for 1 min.
- ☐ Add the flour and cook for 1 min, stirring constantly. Gradually beat in the milk. Bring to the boil, stirring constantly, until the sauce is thick and smooth.
- ☐ Remove from the heat and stir in half the cheese. Season, then allow to cool slightly. Beat in the egg yolks and parsley.
- ☐ Whisk the egg whites to stiff, but not dry peaks, then gently fold into the cheese sauce.
- ☐ Pour into the tin, tipping the tin so that the mixture fills all the corners.
- ☐ Bake for 15 mins until risen and golden.
- ☐ Meanwhile, heat the oil and butter in a large wok or frying pan and stir-fry the spring greens and garlic for 4–5 mins until tender. Season.
- ☐ Sprinkle the remaining cheese over a sheet of baking parchment just larger than the tin. Turn the roulade out onto the parchment, then peel off the lining paper. Trim the crispy edges off

- the roulade. Use a slotted spoon to remove the spring greens from the garlicky butter, then spread over the roulade leaving a 2.5cm space at one short end uncovered.
- ☐ Roll up the roulade from the short end with no filling on it, using the paper to help.
 - ☐ Serve the roulade immediately, drizzled with any remaining garlicky butter.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:5.84, Inflammation Score:-7, Nutrition Score:13.565652334172%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 396.11kcal (19.81%), Fat: 34.28g (52.73%), Saturated Fat: 12.83g (80.2%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 11.07g (4.02%), Sugar: 2.76g (3.07%), Cholesterol: 150.68mg (50.23%), Sodium: 353.58mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.99%), Vitamin K: 69.54µg (66.23%), Vitamin A: 1288.72IU (25.77%), Calcium: 244.07mg (24.41%), Selenium: 16.18µg (23.12%), Phosphorus: 228.05mg (22.8%), Vitamin B2: 0.32mg (18.56%), Vitamin C: 12.65mg (15.33%), Vitamin E: 2.16mg (14.39%), Folate: 48.02µg (12.01%), Vitamin B12: 0.71µg (11.85%), Vitamin B1: 0.13mg (8.6%), Vitamin B5: 0.82mg (8.16%), Vitamin D: 1.22µg (8.11%), Manganese: 0.16mg (8.11%), Iron: 1.45mg (8.03%), Vitamin B6: 0.15mg (7.69%), Zinc: 1.13mg (7.55%), Potassium: 227.64mg (6.5%), Magnesium: 23.17mg (5.79%), Vitamin B3: 0.86mg (4.3%), Copper: 0.07mg (3.3%), Fiber: 0.35g (1.4%)