



Jam roly-poly



Gluten Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



329 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 50 g butter salted cold for greasing cut into chunks, plus extra
- ☐ 1 vanilla pod
- ☐ 50 g suet shredded
- ☐ 150 ml milk plus a drop more if needed
- ☐ 6 servings custard sauce
- ☐ 100 g raspberries

Equipment

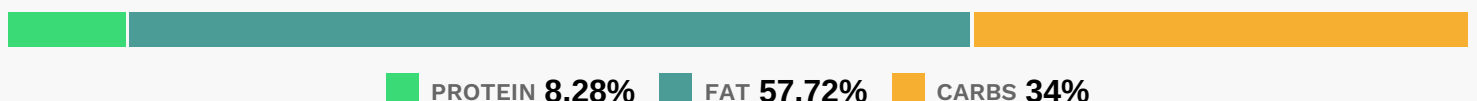
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Put a deep roasting tin onto the bottom shelf of the oven, and make sure that theres another shelf directly above it. Pull the roasting tin out on its shelf, fill two-thirds with boiling water from the kettle, then carefully slide it back in.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Tear off a large sheet of foil and greaseproof paper (about 30 x 40cm). Sit the greaseproof on top of the foil and butter it.
- ☐ Tip butter, flour and vanilla seeds into a food processor; pulse until the butter has disappeared. Tip into a mixing bowl. Stir through the suet, pour in the milk and work together with a cutlery knife until you get a sticky dough. You may need a drop more milk, depending on your flour.
- ☐ Tip the dough out onto a floured surface, quickly pat together to smooth, then roll out to a square roughly 25 x 25cm.
- ☐ Spread the jam all over, leaving a gap along one edge, then roll up from the opposite edge. Pinch the jam-free edge into the dough where it meets, and pinch the ends roughly, too. Carefully lift onto the greased paper, join-side down (you might find a flat baking sheet helpful for this), loosely bring up the paper and foil around it, then scrunch together along the edges and ends to seal. The roly-poly will puff quite a bit during cooking so dont wrap it tightly. Lift the parcel directly onto the rack above the tin and cook for 1 hr.
- ☐ Let the pudding sit for 5 mins before unwrapping, then carefully open the foil and paper, and thickly slice to serve.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:9.78, Inflammation Score:-4, Nutrition Score:8.7013043217037%

Flavonoids

Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 329.03kcal (16.45%), Fat: 21.29g (32.75%), Saturated Fat: 11.99g (74.93%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 27.13g (9.87%), Sugar: 8.78g (9.75%), Cholesterol: 98.59mg (32.86%), Sodium: 182.57mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.73%), Calcium: 234.04mg (23.4%), Phosphorus: 217.42mg (21.74%), Vitamin B2: 0.36mg (20.94%), Vitamin B12: 0.91µg (15.15%), Vitamin D: 1.98µg (13.17%), Selenium: 9.08µg (12.98%), Vitamin B5: 1.15mg (11.51%), Potassium: 359.04mg (10.26%), Vitamin A: 512.14IU (10.24%), Magnesium: 29.57mg (7.39%), Vitamin B1: 0.11mg (7.12%), Zinc: 0.92mg (6.14%), Manganese: 0.12mg (6.13%), Vitamin B6: 0.12mg (5.89%), Vitamin C: 4.51mg (5.46%), Fiber: 1.08g (4.33%), Folate: 16.52µg (4.13%), Vitamin E: 0.56mg (3.74%), Iron: 0.61mg (3.39%), Copper: 0.06mg (2.91%), Vitamin K: 2.54µg (2.42%), Vitamin B3: 0.34mg (1.69%)