



Jam & white chocolate roly-poly

READY IN



70 min.

SERVINGS



4

CALORIES



1019 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 servings butter for greasing
- ☐ 300 g self raising flour
- ☐ 85 g sugar
- ☐ 140 g suet
- ☐ 150 ml milk plus a dash
- ☐ 8 tbsp raspberry jam
- ☐ 50 g chocolate white melted chopped
- ☐ 425 g custard sauce

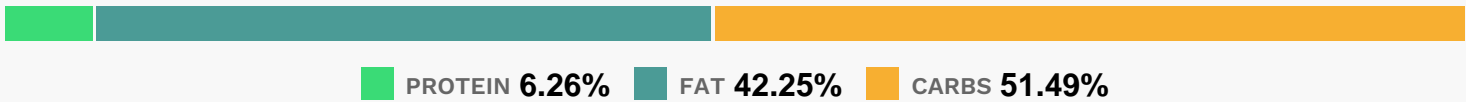
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter a sheet of baking parchment.
- ☐ Mix the flour with the sugar, suet and a good pinch of salt, then bind with the milk to make a soft, but not sticky, dough.
- ☐ Add a dash more milk if it helps to bind the last few bits left in the bowl.
- ☐ Roll out the dough on a floured surface to a 20 x 30cm oblong.
- ☐ Spread with the jam and scatter with the chocolate, leaving a border all the way around.
- ☐ Roll up the dough from one short end so you have a sausage shape, then gently pinch the ends to seal in the jam. Carefully lift onto the prepared parchment.
- ☐ Fold the paper up over the ends of the roly-poly, then wrap up quite tightly. Secure with staples or bulldog clips all the way along the roll, as this will help you achieve the classic round shape.
- ☐ Bake for 50 mins until the roll feels firm and looks golden through the paper. Allow to stand for 5 mins before cutting, as this will stop the jam flowing out.
- ☐ Drizzle with the melted chocolate and serve with a jug of warmed custard.

Nutrition Facts



Properties

Glycemic Index:96.67, Glycemic Load:77.69, Inflammation Score:-3, Nutrition Score:13.955652185108%

Nutrients (% of daily need)

Calories: 1018.72kcal (50.94%), Fat: 47.8g (73.53%), Saturated Fat: 26.37g (164.78%), Carbohydrates: 131.03g (43.68%), Net Carbohydrates: 128.77g (46.82%), Sugar: 55.2g (61.33%), Cholesterol: 96mg (32%), Sodium: 164.31mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Selenium: 38.49µg (54.99%),

Manganese: 0.62mg (31.06%), Phosphorus: 285.99mg (28.6%), Calcium: 241.49mg (24.15%), Vitamin B2: 0.41mg (24%), Vitamin B12: 0.93µg (15.57%), Vitamin B5: 1.33mg (13.25%), Potassium: 426.72mg (12.19%), Vitamin D: 1.7µg (11.34%), Copper: 0.22mg (11.01%), Magnesium: 43.94mg (10.99%), Vitamin B1: 0.16mg (10.9%), Zinc: 1.54mg (10.25%), Folate: 40.09µg (10.02%), Fiber: 2.27g (9.06%), Vitamin E: 1.19mg (7.95%), Vitamin A: 386.23IU (7.72%), Iron: 1.33mg (7.41%), Vitamin B6: 0.14mg (7.25%), Vitamin B3: 1.13mg (5.66%), Vitamin C: 3.69mg (4.47%), Vitamin K: 3.3µg (3.14%)