



Raspberry Jelly Roll with Apricot Coulis



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 tablespoon amaretto (almond-flavored liqueur)
- ☐ 15 ounce apricots light undrained canned
- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon honey

- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup powdered sugar divided
- ☐ 2 cups raspberries fresh
- ☐ 10 ounce raspberry jam seedless
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

Equipment

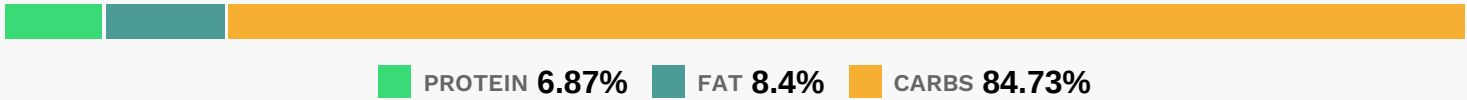
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ kitchen towels
- ☐ measuring cup
- ☐ colander

Directions

- ☐ Preheat oven to 40
- ☐ To prepare cake, coat a 15 x 10–inch jelly roll pan with cooking spray, and line with wax paper. Coat paper with cooking spray; set aside.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring with a whisk. Beat eggs in a large bowl with a mixer at high speed until pale and fluffy (about 4 minutes). Gradually add the granulated sugar, vanilla, rind, and almond extract, beating until thick (about 4 minutes). Sift half of flour mixture over egg mixture; fold in. Repeat procedure with the remaining flour mixture. Spoon batter into prepared pan; spread evenly.

- ☐ Bake at 400 for 10 minutes or until cake springs back when touched lightly in center. Loosen cake from sides of pan; turn out onto a dish towel dusted with 2 tablespoons powdered sugar. Carefully peel off wax paper; cool 1 minute. Starting at narrow end, roll up the cake and towel together.
- ☐ Place, seam side down, on a wire rack; cool completely (about 1 hour). Unroll carefully; remove towel.
- ☐ Spread jam over cake, leaving a 1/2-inch border. Reroll cake, and place, seam side down, on a platter.
- ☐ Sprinkle with 2 tablespoons powdered sugar.
- ☐ Cut into 8 slices.
- ☐ To prepare coulis, drain apricots in a colander over a bowl, reserving 1 tablespoon juice.
- ☐ Place the apricots, 1 tablespoon reserved juice, honey, and amaretto in a blender; process until smooth.
- ☐ Serve with cake.
- ☐ Garnish with berries.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:35.75, Inflammation Score:-7, Nutrition Score:9.1491304480511%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 316.67kcal (15.83%), Fat: 2.97g (4.57%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 67.47g (22.49%), Net Carbohydrates: 63.76g (23.19%), Sugar: 48.8g (54.22%), Cholesterol: 93mg (31%), Sodium: 137.82mg (5.99%), Alcohol: 0.79g (100%), Alcohol %: 0.55% (100%), Protein: 5.47g (10.95%), Vitamin A: 1168.73IU (23.37%), Vitamin C: 16.47mg (19.96%), Selenium: 12.19µg (17.42%), Manganese: 0.34mg (16.98%), Fiber: 3.7g (14.81%), Vitamin B2: 0.23mg (13.63%), Folate: 45.86µg (11.47%), Phosphorus: 99.65mg (9.96%), Iron: 1.59mg (8.83%), Vitamin B1: 0.12mg (8.22%), Potassium: 259.88mg (7.43%), Copper: 0.14mg (7.05%), Vitamin E: 1.05mg (6.97%), Calcium: 67.13mg (6.71%), Vitamin B5: 0.66mg (6.65%), Vitamin B3: 1.15mg (5.77%), Vitamin B6: 0.1mg (5.02%), Magnesium: 18.99mg (4.75%), Zinc: 0.66mg (4.39%), Vitamin K: 4.2µg (4%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)