



Rhubarb and Raspberry Jam Roly-Poly with Vanilla Custard Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups flour
- 2 teaspoons double-acting baking powder
- 10 tablespoons butter unsalted frozen ()
- 8 servings vanilla
- 0.7 cup water ()
- 0.5 cup raspberry jam
- 2 cups rhubarb fresh

- 0.5 teaspoon salt
- 2 tablespoons sugar
- 1 tablespoon water
- 1 tablespoon whipping cream with 1 tablespoon sugar (for glaze) beaten

Equipment

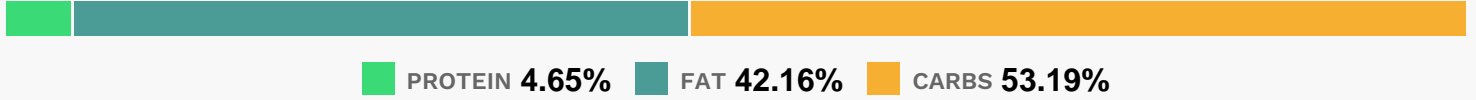
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- box grater

Directions

- Combine rhubarb, sugar, and 1 tablespoon water in medium saucepan. Stir over medium heat until sugar dissolves. Cover; cook until rhubarb softens to thick pulp, stirring often, about 8 minutes.
- Mix in jam; cool. do ahead Can be made 1 week ahead. Cover; chill.
- Sift flour, sugar, baking powder, and salt into large bowl. Using large holes on box grater, grate frozen butter into bowl; stir to blend. Cover and freeze at least 15 minutes. DO AHEAD: Can be made 1 day ahead. Keep frozen.
- Preheat oven to 400°F. Line large rimmed baking sheet with parchment paper.
- Add 2/3 cup ice water to flour mixture, tossing until soft dough forms, adding more ice water by tablespoonfuls if dough is stiff.
- Transfer to lightly floured surface; knead gently 5 or 6 turns (butter should remain in firm pieces).
- Roll out dough to 12x9-inch rectangle.
- Spread 6 tablespoons filling over dough, leaving 1-inch plain border on all sides. Starting at 1 long side, roll up jelly-roll style; seal seam.
- Place seam side down on prepared sheet. Seal ends.

- Brush glaze over pastry.
- Bake pastry until golden (jam may leak out), about 30 minutes. Cool pastry briefly.
- Cut roly-poly crosswise into 6 to 8 rounds.
- Serve warm with Vanilla Custard Sauce and remaining filling.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:27.63, Inflammation Score:-5, Nutrition Score:7.1821739440379%

Flavonoids

Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg

Nutrients (% of daily need)

Calories: 326.04kcal (16.3%), Fat: 15.26g (23.48%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 41.7g (15.16%), Sugar: 13.91g (15.46%), Cholesterol: 39.74mg (13.25%), Sodium: 263.62mg (11.46%), Alcohol: 0.34g (100%), Alcohol %: 0.34% (100%), Protein: 3.78g (7.57%), Vitamin B1: 0.26mg (17.08%), Selenium: 11.61µg (16.58%), Folate: 62.26µg (15.56%), Manganese: 0.28mg (14.25%), Vitamin B2: 0.19mg (11.22%), Calcium: 100.24mg (10.02%), Vitamin A: 496IU (9.92%), Vitamin K: 10.32µg (9.82%), Vitamin B3: 1.96mg (9.78%), Iron: 1.74mg (9.67%), Phosphorus: 69.32mg (6.93%), Fiber: 1.63g (6.51%), Vitamin C: 4.32mg (5.24%), Potassium: 145.39mg (4.15%), Copper: 0.08mg (4.01%), Vitamin E: 0.55mg (3.67%), Magnesium: 12.48mg (3.12%), Vitamin D: 0.29µg (1.95%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.19mg (1.91%), Vitamin B6: 0.03mg (1.34%)