



Steamed cranberry roly-poly

READY IN



125 min.

SERVINGS



6

CALORIES



653 kcal

SIDE DISH

Ingredients

- ☐ 175 g cranberries fresh frozen thawed (or ,)
- ☐ 1 tbsp powdered sugar
- ☐ 2 tbsp roasted cranberry sauce
- ☐ 300 g self raising flour for dusting
- ☐ 140 g suet dried
- ☐ 85 g sugar
- ☐ 1 orange zest finely grated
- ☐ 175 ml milk
- ☐ 6 servings custard sauce

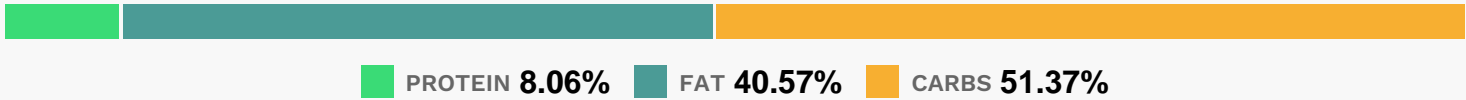
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ To make the filling, warm the cranberries and icing sugar together in a saucepan until the fruits begin to soften. Increase the heat, so the juices boil and become jammy.
- ☐ Pour the mixture into a bowl, then stir in the cranberry sauce or jelly. Leave to cool. Butter and lightly flour a large sheet of greaseproof (about 40 x 30cm), and sit it on a bigger sheet of foil. Put a steamer on to simmer.
- ☐ For the dough, mix together the flour, suet, caster sugar and orange zest with a wooden spoon. Stir in some milk until the mixture reaches the consistency of a soft pastry. Gather together into a ball, but dont overwork or it will toughen.
- ☐ On a lightly floured surface, roll the dough into a rectangle about 22cm x 25cm.
- ☐ Spread with the cooled cranberry mix, leaving a 2cm border around the edge. Moisten the border with cold water or milk before rolling into a cylinder. Start by tucking over the border of one of the short ends, then lift as you roll (see step 1, click photo above) so the jam doesnt get squeezed out. With the long join underneath, lay the roly-poly in the centre of the parchment paper. Fold over the long paper and foil edges to seal, leaving enough space above the pudding to allow it to rise. Squeeze the paper ends together tightly to seal them.
- ☐ Lay the parcel in the steamer over the simmering water, cover and steam for 1-1 hrs, until firm to the touch. Rest for a min or two before unwrapping, slicing and serving. Vanilla custard is the perfect accompaniment and the roly-poly is best eaten as soon as it is made.

Nutrition Facts



Properties

Glycemic Index:42.78, Glycemic Load:44.1, Inflammation Score:-4, Nutrition Score:12.867391337519%

Flavonoids

Cyanidin: 13.55mg, Cyanidin: 13.55mg, Cyanidin: 13.55mg, Cyanidin: 13.55mg Delphinidin: 2.24mg, Delphinidin: 2.24mg, Delphinidin: 2.24mg, Delphinidin: 2.24mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.34mg, Peonidin: 14.34mg, Peonidin: 14.34mg, Peonidin: 14.34mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 652.87kcal (32.64%), Fat: 29.46g (45.32%), Saturated Fat: 15.75g (98.46%), Carbohydrates: 83.95g (27.98%), Net Carbohydrates: 81.43g (29.61%), Sugar: 26.68g (29.64%), Cholesterol: 91.39mg (30.46%), Sodium: 133.57mg (5.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.32%), Selenium: 29.09µg (41.56%), Phosphorus: 269.51mg (26.95%), Manganese: 0.52mg (25.8%), Calcium: 246.81mg (24.68%), Vitamin B2: 0.4mg (23.32%), Vitamin B12: 0.96µg (15.98%), Vitamin B5: 1.43mg (14.26%), Vitamin D: 2.02µg (13.49%), Potassium: 420.01mg (12%), Magnesium: 41.19mg (10.3%), Vitamin B1: 0.15mg (10.08%), Fiber: 2.52g (10.07%), Zinc: 1.35mg (9.02%), Vitamin C: 6.99mg (8.48%), Copper: 0.16mg (7.79%), Vitamin B6: 0.15mg (7.75%), Folate: 30.36µg (7.59%), Vitamin E: 1.09mg (7.24%), Vitamin A: 334.35IU (6.69%), Iron: 1.08mg (6%), Vitamin B3: 0.83mg (4.15%), Vitamin K: 2.89µg (2.75%)