

Jam Roll / Jelly Roll

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-jelly-roll-recipe>

Ingredients:

- 3 eggs
- 1/2 cup caster sugar
- 3/4 cup self-raising flour
- 2 tablespoons milk
- 1/4 cup caster sugar
- 1/2 cup jam

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 160 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 370 milligrams
9. Sugar: 42 grams

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