

# Hearty Swiss Roulade

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-roulade-recipe>

## Ingredients:

- 6 carrots each about 100 grams
- 4 eggs
- 4 ounces margarine
- 4 ounces pastry flour
- 3 tablespoons cornstarch about 50 grams
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 garden cress beds
- 1 1/2 pounds quark Buttermilk, or regular quark

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 335 milligrams
4. Fat: 67 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 28 grams
8. Sodium: 1580 milligrams
9. Sugar: 10 grams
10. TransFat: 4.5 grams

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