



Carrot Cake Roulage

READY IN



45 min.

SERVINGS



20

CALORIES



393 kcal

DESSERT

Ingredients

- 1 cup carrots grated
- 32 ounce cream cheese frosting canned
- 4 large eggs
- 0.5 cup pecans toasted chopped
- 20 servings garnish: pecans toasted chopped
- 15.3 ounce pineapple in heavy syrup crushed canned
- 3 tablespoons powdered sugar divided
- 20 servings powdered sugar
- 18.3 ounce spice cake mix

- 0.5 cup water

Equipment

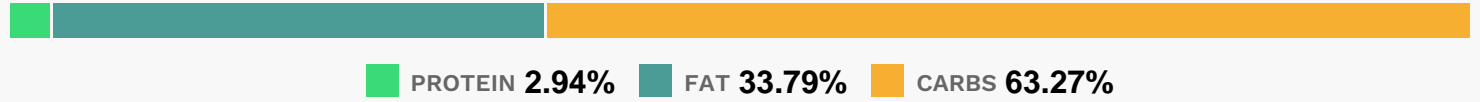
- bowl
- frying pan
- paper towels
- oven
- hand mixer
- wax paper

Directions

- Coat two 15" x 10" x 1" jellyroll pans with cooking spray; line with wax paper, and coat wax paper with cooking spray. Set aside.
- Beat eggs in a large bowl at medium-high speed of an electric mixer 5 minutes.
- Add water, beating at low speed until blended. Gradually add cake mix, beating at low speed until moistened. Beat mixture at medium-high speed 2 minutes. Fold in grated carrot.
- Spread batter evenly in prepared pans (layers will be thin).
- Bake, one at a time or in separate ovens, at 350 on the middle rack 13 minutes or until each cake springs back when lightly touched in center.
- Sift 1 1/2 tablespoons powdered sugar in a 15" x 10" rectangle on a cloth towel; repeat with 1 1/2 tablespoons sugar and a second towel. When cakes are done, immediately loosen from sides of pan, and turn each out onto a sugared towel. Peel off wax paper. Starting at narrow end, tightly roll up each cake and towel together; place, seam side down, on wire racks to cool completely.
- Drain pineapple, reserving 1/4 cup syrup. Press pineapple between paper towels to remove excess moisture.
- Combine pineapple, cream cheese frosting, and 1/2 cup pecans; stir well.
- Unroll cakes; brush each lightly with 2 tablespoons reserved pineapple syrup.
- Spread each cake with half of frosting mixture. Reroll cakes without towels; place, seam side down, on serving plates.
- Cover and chill at least 1 hour. Dust cakes with additional powdered sugar before serving.

- Garnish, if desired.
- Note: For spice cake mix, we used Duncan Hines.
- Note: This recipe makes 2 cake rolls, so it's ideal for a make-ahead dessert for a crowd. Or give the second roll as a gift.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:5.8508695778639%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 392.71kcal (19.64%), Fat: 15.09g (23.21%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 62.32g (22.66%), Sugar: 53.45g (59.39%), Cholesterol: 37.2mg (12.4%), Sodium: 275.91mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin A: 1136.85IU (22.74%), Manganese: 0.33mg (16.48%), Vitamin B1: 0.14mg (9.52%), Phosphorus: 93.7mg (9.37%), Iron: 1.64mg (9.13%), Copper: 0.15mg (7.61%), Vitamin B2: 0.13mg (7.37%), Selenium: 4.13µg (5.9%), Folate: 21.01µg (5.25%), Potassium: 180.63mg (5.16%), Fiber: 1.26g (5.03%), Vitamin B3: 0.84mg (4.2%), Magnesium: 16.12mg (4.03%), Calcium: 39.73mg (3.97%), Vitamin C: 2.5mg (3.03%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.44mg (2.92%), Vitamin K: 2.81µg (2.68%), Vitamin B5: 0.26mg (2.65%), Vitamin E: 0.26mg (1.7%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)