



Cook the Book: Sweet Potato Roll Cake

READY IN



45 min.

SERVINGS



8

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 tablespoons butter softened
- ☐ 0.8 cup cake flour
- ☐ 0.8 cup powdered sugar
- ☐ 8 ounce cream cheese softened
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon juice of lemon

- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 1 cup pineapple crushed drained
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.7 cup sweet potatoes and into canned
- ☐ 1 teaspoon vanilla extract

Equipment

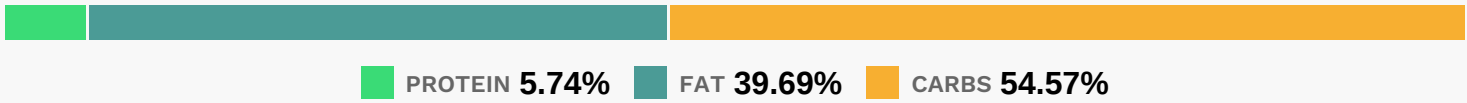
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ kitchen towels

Directions

- ☐ To make the cake: Preheat the oven to 375°. Line a jelly roll pan with waxed paper. Spray the waxed paper with nonstick vegetable spray.
- ☐ Beat the eggs in a large bowl with an electric mixer on high for about 3 minutes or until frothy.
- ☐ Add the sugar, lemon juice, and sweet potato.
- ☐ Mix until blended.
- ☐ Combine the flour, baking powder, cinnamon, ginger, nutmeg, and salt in a large bowl.
- ☐ Add the dry ingredients to the sweet potato mixture and beat on low speed until smooth.
- ☐ Pour the batter into the jelly roll pan and spread evenly.
- ☐ Bake for about 15 minutes until done.
- ☐ Combine the cream cheese, butter, confectioners' sugar, and vanilla in a medium bowl, beating until smooth.
- ☐ Add the crushed pineapple and mix by hand until blended.
- ☐ To finish the cake: Immediately remove the cake from the pan by inverting onto a tea towel sprinkled with confectioners' sugar.

- ☐
- Roll into a roll, leaving the waxed paper on the cake. Unroll, remove the waxed paper, and spread with filling. Immediately reroll the cake.
- ☐
- Let cool completely and refrigerate for about 1 hour before serving. Slice when ready to serve.

Nutrition Facts



Properties

Glycemic Index:54.89, Glycemic Load:24.64, Inflammation Score:-8, Nutrition Score:7.1352174022923%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 386.25kcal (19.31%), Fat: 17.37g (26.72%), Saturated Fat: 9.91g (61.96%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 52.6g (19.13%), Sugar: 41.93g (46.58%), Cholesterol: 105.06mg (35.02%), Sodium: 290.38mg (12.63%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.65g (11.3%), Vitamin A: 2232.79IU (44.66%), Selenium: 12.78µg (18.25%), Manganese: 0.24mg (12.04%), Vitamin B2: 0.17mg (10.06%), Phosphorus: 95.13mg (9.51%), Calcium: 79.88mg (7.99%), Vitamin B5: 0.56mg (5.65%), Vitamin B6: 0.1mg (4.81%), Copper: 0.09mg (4.64%), Fiber: 1.13g (4.51%), Vitamin E: 0.66mg (4.43%), Potassium: 154.11mg (4.4%), Folate: 17.34µg (4.34%), Vitamin B1: 0.06mg (4.16%), Vitamin C: 3.3mg (4%), Iron: 0.72mg (3.98%), Magnesium: 15.88mg (3.97%), Vitamin B12: 0.22µg (3.69%), Zinc: 0.54mg (3.61%), Vitamin D: 0.33µg (2.2%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.62µg (1.54%)