

Delightful Filled Pumpkin Roll

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 tablespoons butter
- 0.7 cup pumpkin puree canned
- 1.5 teaspoons cinnamon
- 8 ounces cream cheese
- 3 eggs
- 0.8 cup flour
- 1 cup powdered sugar

- 1 cup sugar
- 1 teaspoon vanilla

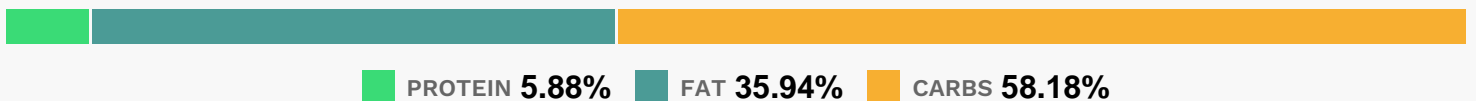
Equipment

- bowl
- baking sheet
- oven
- wax paper
- kitchen towels

Directions

- Beat the eggs in a bowl.
- Add the sugar, canned pumpkin, cinnamon, flour, and baking soda to the bowl.
- Spray the baking sheet and put down a sheet of wax paper. Spray the wax paper with cooking spray also.
- Pour the pumpkin mixture onto the wax paper and spread evenly.
- Bake at 375 for 15 minutes.
- Tip the baking sheet over onto a tea towel that is sprinkled with powdered sugar to release the pumpkin layer (still on the wax paper).
- Roll the towel and let cool. Once the pumpkin layer has cooled, unroll the towel and remove the wax paper.
- Mix together the cream cheese, vanilla, butter, and powdered sugar and spread the filling over the pumpkin layer.
- Roll the pumpkin layer covered with filling to form your pumpkin roll. Refrigerate and serve!

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:16.23, Inflammation Score:-9, Nutrition Score:5.6608696268952%

Nutrients (% of daily need)

Calories: 236.32kcal (11.82%), Fat: 9.61g (14.79%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 34.27g (12.46%), Sugar: 27.68g (30.76%), Cholesterol: 65.03mg (21.68%), Sodium: 182.43mg (7.93%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.54g (7.07%), Vitamin A: 2490.57IU (49.81%), Selenium: 7.9µg (11.28%), Vitamin B2: 0.15mg (8.59%), Manganese: 0.12mg (6.21%), Folate: 22.89µg (5.72%), Phosphorus: 55.94mg (5.59%), Vitamin B1: 0.07mg (4.9%), Iron: 0.8mg (4.45%), Vitamin B5: 0.37mg (3.69%), Calcium: 32.57mg (3.26%), Vitamin E: 0.49mg (3.25%), Fiber: 0.74g (2.95%), Vitamin K: 2.87µg (2.74%), Vitamin B3: 0.54mg (2.71%), Vitamin B12: 0.14µg (2.39%), Potassium: 79.19mg (2.26%), Zinc: 0.32mg (2.16%), Vitamin B6: 0.04mg (2.04%), Magnesium: 8.11mg (2.03%), Copper: 0.04mg (2%), Vitamin D: 0.22µg (1.47%)