



Easy Pumpkin Swirl

READY IN



45 min.

SERVINGS



6

CALORIES



679 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup biscuit mix
- ☐ 0.3 cup butter softened
- ☐ 0.7 cup pumpkin canned
- ☐ 8 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 1 cup powdered sugar sifted
- ☐ 2 tablespoons powdered sugar

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Grease bottom and sides of a 15- x 10- x 1-inch jellyroll pan; line with wax paper, and grease wax paper. Set aside.
- ☐ Beat eggs at high speed with an electric mixer until thick and pale. Gradually add 1 cup sugar, beating until soft peaks form and sugar dissolves (2 to 4 minutes). Fold in pumpkin.
- ☐ Combine biscuit mix and spices; fold into pumpkin mixture, and spread evenly into prepared pan.
- ☐ Sprinkle with chopped pecans.
- ☐ Bake at 375 for 13 to 15 minutes.
- ☐ Sift 2 to 3 tablespoons powdered sugar in a 15- x 10-inch rectangle on a cloth towel. When cake is done, immediately loosen from sides of pan, and turn out onto sugared towel. Carefully peel off wax paper. Starting at narrow end, roll up cake and towel together, and cool cake completely on a wire rack, seam side down.
- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy; add 1 cup powdered sugar and vanilla, beating well. Unroll cake; spread with cream cheese mixture, and reroll without towel.
- ☐ Place on a serving plate, seam side down; cover and chill at least 2 hours.

Nutrition Facts



 PROTEIN **5.04%**  FAT **53.01%**  CARBS **41.95%**

Properties

Glycemic Index:18.68, Glycemic Load:23.92, Inflammation Score:-10, Nutrition Score:16.090000023013%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 678.92kcal (33.95%), Fat: 41.16g (63.32%), Saturated Fat: 12.31g (76.91%), Carbohydrates: 73.28g (24.43%), Net Carbohydrates: 70.02g (25.46%), Sugar: 60.44g (67.16%), Cholesterol: 131.48mg (43.83%), Sodium: 466.96mg (20.3%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 8.8g (17.6%), Vitamin A: 5343.95IU (106.88%), Manganese: 1.09mg (54.66%), Phosphorus: 241.31mg (24.13%), Vitamin B2: 0.32mg (18.92%), Selenium: 13.24µg (18.91%), Vitamin B1: 0.23mg (15.55%), Copper: 0.3mg (15.17%), Fiber: 3.25g (13.01%), Calcium: 110.68mg (11.07%), Iron: 1.88mg (10.47%), Vitamin E: 1.56mg (10.42%), Folate: 41.41µg (10.35%), Vitamin B5: 1.01mg (10.1%), Zinc: 1.5mg (9.98%), Magnesium: 39.71mg (9.93%), Potassium: 251.89mg (7.2%), Vitamin K: 7.14µg (6.8%), Vitamin B6: 0.13mg (6.61%), Vitamin B12: 0.38µg (6.28%), Vitamin B3: 1.07mg (5.34%), Vitamin D: 0.5µg (3.33%), Vitamin C: 1.52mg (1.84%)