



Grandma Carol's Pumpkin Roll

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 16 ounce confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 3 eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup pecans chopped
- ☐ 0.7 cup pumpkin puree
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ kitchen towels

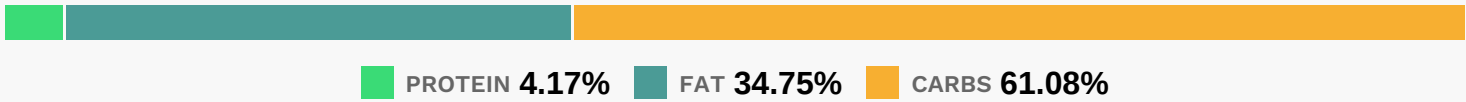
Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Butter a 12x17-inch jelly roll pan and line with parchment paper; butter the parchment paper. Generously dust a kitchen towel with confectioners' sugar.
- ☐ Beat eggs, white sugar, and pumpkin together in a bowl until creamy.
- ☐ Sift flour, baking soda, cinnamon, cloves, and nutmeg together in a separate bowl; gradually stir into egg mixture. Stir to combine.
- ☐ Spread batter evenly into the prepared pan.
- ☐ Bake in the preheated oven for exactly 10 minutes.
- ☐ Immediately turn cake onto the prepared kitchen towel. Starting at a long end, roll up pumpkin cake and towel.
- ☐ Let rolled cake rest for 10 minutes.
- ☐ Beat cream cheese, butter, 16-ounce package confectioners' sugar, and vanilla extract together in a bowl until smooth; fold in pecans.
- ☐ Unroll cake; spread with the filling.
- ☐ Roll up cake (without towel).
- ☐ Cut off any jagged ends. Cover and refrigerate until chilled.

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Cut cake in half if desired; sprinkle with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:19.55, Inflammation Score:-9, Nutrition Score:9.5513044025587%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 489.22kcal (24.46%), Fat: 19.43g (29.89%), Saturated Fat: 7.18g (44.85%), Carbohydrates: 76.85g (25.62%), Net Carbohydrates: 74.92g (27.24%), Sugar: 66.31g (73.67%), Cholesterol: 78.03mg (26.01%), Sodium: 219.86mg (9.56%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.25g (10.5%), Vitamin A: 2994.75IU (59.9%), Manganese: 0.69mg (34.32%), Selenium: 10.1µg (14.42%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.16mg (10.71%), Phosphorus: 97.58mg (9.76%), Copper: 0.18mg (9.11%), Fiber: 1.93g (7.74%), Folate: 29.96µg (7.49%), Iron: 1.26mg (7.02%), Zinc: 0.89mg (5.92%), Magnesium: 23.3mg (5.82%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.74mg (4.96%), Calcium: 46.86mg (4.69%), Potassium: 141.32mg (4.04%), Vitamin B3: 0.78mg (3.9%), Vitamin K: 3.94µg (3.75%), Vitamin B6: 0.07mg (3.62%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.26µg (1.76%)