



## Orange-Pumpkin Roulade

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon candied orange peel finely minced
- ☐ 1.5 teaspoons cinnamon
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon gelatin powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 ounces lowfat cream cheese
- ☐ 1 cup lowfat ricotta cheese

- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons orange zest grated
- ☐ 0.8 cup pecans finely chopped
- ☐ 0.7 cup pumpkin puree
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

## Equipment

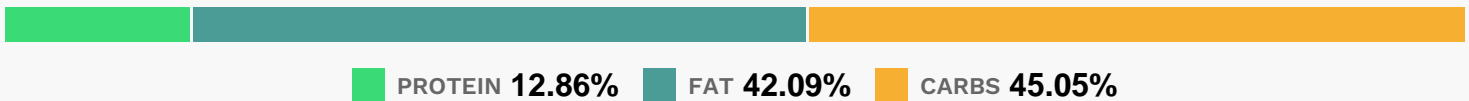
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Heat oven to 375°F. Coat a 12-inch x 15-inch x 1-inch jelly-roll pan with cooking spray. Line with parchment paper; coat with cooking spray.
- ☐ Whisk flour, cinnamon, baking powder, nutmeg, ginger and salt in a bowl. In another bowl, beat eggs with an electric mixer on high until fluffy. Gradually beat in sugar until combined. Reduce speed to low; add pumpkin, zest and vanilla until just combined. Gently but thoroughly fold in flour mixture.
- ☐ Pour batter into prepared pan.
- ☐ Spread into an even layer.
- ☐ Sprinkle pecans on top.
- ☐ Bake 10 to 12 minutes or until toothpick inserted in center comes out clean. Lightly dust a clean towel with confectioners' sugar.

- ☐ Remove cake from oven. Invert cake onto towel.
- ☐ Remove pan. Gently peel off top parchment. Tightly roll up cake in towel, starting on long side closest to you.
- ☐ Place seam side down on a rack.
- ☐ Place gelatin and 1 tablespoon cold water in a heatproof bowl; place bowl in pan of hot water to melt gelatin. In another bowl, beat ricotta, cream cheese and confectioners' sugar with an electric mixer on medium until smooth. Beat in gelatin and candied peel. Cover; refrigerate at least 1 hour. Gently unroll cake; set towel aside.
- ☐ Spread top with even layer of filling, leaving a 1-inch border on the far side. Gently roll up cake.
- ☐ Place seam side down on a platter. Refrigerate until ready to serve, covered loosely with plastic wrap. Before serving, trim cake by diagonally cutting thin slice off each end. Dust with confectioners' sugar.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:32.21, Glycemic Load:15.81, Inflammation Score:-9, Nutrition Score:10.24347825154%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

## Nutrients (% of daily need)

Calories: 253.24kcal (12.66%), Fat: 12.11g (18.63%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 27.39g (9.96%), Sugar: 18.26g (20.29%), Cholesterol: 72.67mg (24.22%), Sodium: 217.41mg (9.45%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 8.33g (16.66%), Vitamin A: 2819.64IU (56.39%), Manganese: 0.56mg (27.85%), Selenium: 13.31µg (19.01%), Phosphorus: 149.1mg (14.91%), Calcium: 140.57mg (14.06%), Vitamin B2: 0.22mg (12.74%), Vitamin B1: 0.15mg (10.04%), Folate: 34.77µg (8.69%), Copper: 0.17mg (8.36%), Iron: 1.38mg (7.67%), Zinc: 1.1mg (7.35%), Fiber: 1.77g (7.09%), Vitamin B5: 0.61mg (6.15%), Vitamin B12: 0.36µg (6.03%), Magnesium: 23.56mg (5.89%), Potassium: 176.6mg (5.05%), Vitamin B3: 0.78mg (3.91%), Vitamin B6: 0.07mg (3.53%), Vitamin E: 0.52mg (3.48%), Vitamin K: 3.43µg (3.27%), Vitamin D: 0.38µg (2.51%), Vitamin C:

1.34mg (1.62%)