



Pumpkin-Caramel Cannoli

READY IN



20 min.

SERVINGS



12

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.8 cup powdered sugar
- ☐ 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 2 tablespoons chocolate chips miniature
- ☐ 2 tablespoons toffee chips
- ☐ 2 tablespoons pecans shelled finely chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 12 purchased cannoli shells (from bakery section of most grocery stores)

- ☐ 1 serving chocolate chips miniature shelled finely chopped
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.5 cup whipped cream

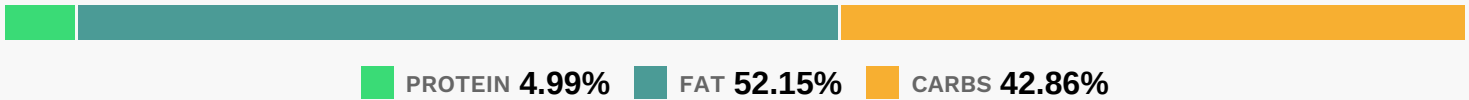
Equipment

- ☐ bowl
- ☐ blender
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ In large bowl, beat cream cheese, powdered sugar, pumpkin and pumpkin pie spice with electric mixer on medium speed until smooth. Stir in 2 tablespoons each chocolate chips, toffee bits and chopped pecans.
- ☐ In another large bowl, beat whipping cream with mixer on high speed until stiff peaks form. Fold cream cheese mixture into whipped cream. If not serving cannoli immediately, refrigerate filling until serving time.
- ☐ Spoon filling into large resealable plastic bag; seal bag.
- ☐ Cut off 1 bottom corner of bag. Pipe filling into each cannoli shell.
- ☐ Sprinkle ends with additional chocolate chips, toffee bits or pecans.
- ☐ To serve, place filled cannoli on serving plates.
- ☐ Drizzle with caramel topping; garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:5.1626086908838%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 302.3kcal (15.12%), Fat: 17.7g (27.23%), Saturated Fat: 8.5g (53.12%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 31.08g (11.3%), Sugar: 19.26g (21.4%), Cholesterol: 35.15mg (11.72%), Sodium: 134.75mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin A: 1861.03IU (37.22%), Iron: 4.31mg (23.96%), Manganese: 0.18mg (8.82%), Fiber: 1.65g (6.62%), Vitamin B2: 0.09mg (5.24%), Phosphorus: 45.07mg (4.51%), Calcium: 44.47mg (4.45%), Vitamin B5: 0.37mg (3.65%), Selenium: 2.41µg (3.44%), Vitamin B6: 0.05mg (2.31%), Potassium: 76.89mg (2.2%), Folate: 8.72µg (2.18%), Vitamin E: 0.32mg (2.16%), Magnesium: 8.18mg (2.05%), Copper: 0.04mg (1.88%), Zinc: 0.26mg (1.71%), Vitamin B1: 0.02mg (1.42%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.17µg (1.12%)