



## Pumpkin-Caramel Cannoli

 Popular

READY IN



20 min.

SERVINGS



12

CALORIES



307 kcal

DESSERT

### Ingredients

- 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 12 purchased cannoli shells (from bakery section of most grocery stores)
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 2 tablespoons chocolate chips miniature
- 12 servings chocolate chips miniature shelled finely chopped
- 8 oz cream cheese softened
- 0.5 cup cup heavy whipping cream
- 2 tablespoons pecans shelled finely chopped

- 0.8 cup powdered sugar
- 1 teaspoon pumpkin pie spice
- 2 tablespoons toffee chips
- 0.5 cup whipped cream

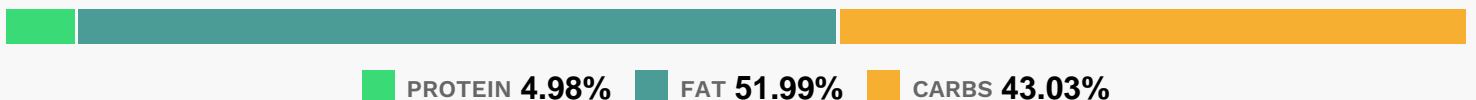
## Equipment

- 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:5.1760868974354%

## 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: 306.9kcal (15.35%), Fat: 17.91g (27.56%), Saturated Fat: 8.63g (53.95%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 31.68g (11.52%), Sugar: 19.83g (22.04%), Cholesterol: 35.28mg (11.76%), Sodium: 135.38mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 1863.08IU (37.26%), Iron: 4.32mg (24.02%), Manganese: 0.18mg (8.82%), Fiber: 1.68g (6.72%), Vitamin B2: 0.09mg (5.24%), Calcium: 45.54mg (4.55%), Phosphorus: 45.07mg (4.51%), 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%)