

# Pumpkin Roll

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



10

CALORIES



380 kcal

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 4 tablespoons butter
- 1 cup confectioners' sugar
- 8 ounces cream cheese
- 3 eggs
- 0.8 cup flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger

- 1 teaspoon juice of lemon
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 0.7 cup solid pack pumpkin puree
- 0.5 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

- frying pan
- baking sheet
- oven
- knife
- mixing bowl

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a jellyroll pan (large cookie sheet with sides).
- In a mixing bowl, beat eggs on high for five minutes. Gradually add white sugar, pumpkin, and lemon juice.
- Add flour, cinnamon, salt, baking powder, and ginger.
- Spread batter evenly in pan.
- Sprinkle pecans evenly on top, and press lightly into batter.
- Bake for 12 to 15 minutes, or until it springs back when touched. Loosen edges with a knife. Turn out on two dishtowels that have been sprinkled with powdered sugar.
- Roll up cake, and let cool for about 20 minutes.
- Mix confectioners' sugar, vanilla, butter or margarine, and cream cheese together till smooth.
- Unroll pumpkin cake when cool, and spread with filling. Reroll, and push aside the dishtowel. Unroll long sheet of waxed paper. Put pumpkin roll on waxed paper. Dust pumpkin roll with powdered sugar. Twist ends of waxed paper like a piece of candy. Put pumpkin roll in refrigerator and chill overnight. Before slicing, dust with powdered sugar.

Serve chilled.

## Nutrition Facts

**PROTEIN 5.4%** **FAT 49.79%** **CARBS 44.81%**

### Properties

Glycemic Index:32.91, Glycemic Load:19.63, Inflammation Score:-9, Nutrition Score:9.9069565068121%

### 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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

### Nutrients (% of daily need)

Calories: 379.64kcal (18.98%), Fat: 21.66g (33.33%), Saturated Fat: 8.59g (53.7%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 41.86g (15.22%), Sugar: 33.65g (37.39%), Cholesterol: 84.05mg (28.02%), Sodium: 286.2mg (12.44%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 5.29g (10.58%), Vitamin A: 3065.14IU (61.3%), Manganese: 0.72mg (36.18%), Selenium: 10.03µg (14.33%), Vitamin B2: 0.19mg (11.21%), Phosphorus: 107.19mg (10.72%), Vitamin B1: 0.16mg (10.7%), Copper: 0.18mg (9.01%), Fiber: 2.02g (8.06%), Folate: 30.08µg (7.52%), Iron: 1.33mg (7.39%), Calcium: 72.2mg (7.22%), Zinc: 0.89mg (5.96%), Magnesium: 23.58mg (5.89%), Vitamin B5: 0.54mg (5.41%), Vitamin E: 0.81mg (5.37%), Potassium: 143.78mg (4.11%), Vitamin B3: 0.8mg (4%), Vitamin K: 4.06µg (3.86%), Vitamin B6: 0.07mg (3.68%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.26µg (1.76%), Vitamin C: 1.02mg (1.23%)