



Pumpkin Roll

READY IN



25 min.

SERVINGS



8

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons cinnamon
- ☐ 6 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 1 halves garnishes: powdered sugar
- ☐ 1.5 cups powdered sugar divided
- ☐ 0.7 cup pumpkin unsweetened canned
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper
- ☐ kitchen towels

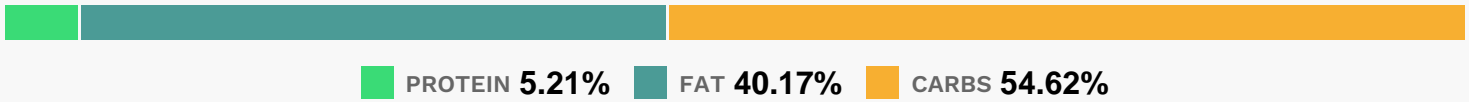
Directions

- ☐ Coat bottom and sides of a 15- x 10-inch jelly-roll pan with cooking spray, and line with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Beat eggs at medium speed with an electric mixer 5 minutes or until thick and lemon-colored; gradually add granulated sugar, beating until well combined.
- ☐ Combine flour and next 6 ingredients. Gradually add to egg mixture, beating well.
- ☐ Combine pumpkin, pecans, and 1 teaspoon lemon juice, and gradually add to mixture, beating well.
- ☐ Spread batter evenly into prepared pan.
- ☐ Bake at 375 for 15 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Sift 1/2 cup powdered sugar in a 15- x 10-inch rectangle on a clean, dry dish towel. Run a knife around edges of pan to loosen cake, and turn cake out onto prepared towel. Peel wax paper

off cake. Starting at narrow end, roll up cake and towel together; place, seam side down, on a wire rack to cool completely.

- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy; gradually add remaining 1 cup powdered sugar, beating until smooth. Stir in vanilla and 1 teaspoon lemon juice.
- ☐ Unroll cake; remove towel.
- ☐ Spread cream cheese mixture on cake, leaving a 1-inch border around edges. Re-roll cake without towel, and place, seam side down, on a serving platter. Cover and chill at least 3 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.64, Glycemic Load:24.43, Inflammation Score:-9, Nutrition Score:10.73652181418%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 437.74kcal (21.89%), Fat: 20.03g (30.81%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 61.28g (20.43%), Net Carbohydrates: 59.39g (21.6%), Sugar: 49.06g (54.51%), Cholesterol: 91.22mg (30.41%), Sodium: 497.57mg (21.63%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.85g (11.69%), Vitamin A: 3823.52IU (76.47%), Manganese: 0.6mg (30.11%), Selenium: 12.34µg (17.63%), Vitamin B2: 0.23mg (13.25%), Phosphorus: 112.22mg (11.22%), Vitamin B1: 0.16mg (10.39%), Folate: 36.47µg (9.12%), Iron: 1.53mg (8.5%), Calcium: 80.65mg (8.07%), Fiber: 1.89g (7.57%), Copper: 0.15mg (7.3%), Vitamin E: 0.93mg (6.21%), Vitamin B5: 0.61mg (6.1%), Zinc: 0.8mg (5.34%), Magnesium: 21.19mg (5.3%), Vitamin B3: 0.92mg (4.58%), Potassium: 147.81mg (4.22%), Vitamin K: 4.2µg (4%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.38µg (2.5%), Vitamin C: 1.21mg (1.47%)