



Pumpkin Roll Cake

READY IN



130 min.

SERVINGS



12

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.8 cup cake flour
- ☐ 0.7 cup pumpkin canned packed
- ☐ 1.5 cups purchased caramel sauce warmed for garnish
- ☐ 2 tablespoons rum dark
- ☐ 6 large eggs separated
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon ground allspice

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.3 teaspoons ground ginger
- ☐ 3 tablespoons powdered sugar
- ☐ 12 servings powdered sugar
- ☐ 12 servings additional powdered sugar for garnish
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons toffee chips english for garnish
- ☐ 1 cup whipping cream chilled

Equipment

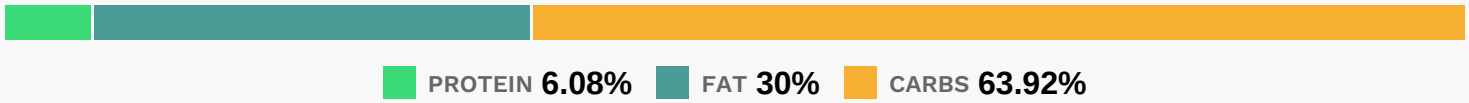
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ kitchen towels
- ☐ spatula
- ☐ serrated knife

Directions

- ☐ For the cake: Preheat the oven to 375 degrees F.
- ☐ Line a 15 by 10 by 1-inch baking sheet with parchment paper. Spray the parchment with nonstick cooking spray.
- ☐ Sift the flour, cinnamon, ginger, and allspice into a small bowl. In a separate bowl, beat the egg yolks, granulated sugar, and brown sugar until very thick.
- ☐ Add the pumpkin to the egg mixture and combine at a low speed until incorporated.
- ☐ Add the dry ingredients and beat at a low speed until mixed. In a separate bowl, beat the egg whites and salt until stiff but not dry. Fold into the cake batter, stirring with a spatula, until most of the white streaks are gone.
- ☐ Spread the batter onto a baking sheet and smooth out.

- ☐ Transfer baking sheet to the oven and bake until a tester comes out clean, about 15 to 18 minutes. While the cake is hot, dust generously with powdered sugar. Loosen the edges and turn the cake out onto a kitchen towel. Fold the towel over the edge of the cake and roll up. Cool completely, edge down, for 1 hour in the refrigerator.
- ☐ For the filling: Soften the gelatin in the rum. Stir over low heat until the gelatin dissolves. Cool. Beat the chilled whipping cream and powdered sugar in a large bowl until peaks form. Fold in the gelatin and 6 tablespoons English toffee pieces.
- ☐ To assemble, unroll the cake and sprinkle with 4 tablespoons of English toffee pieces.
- ☐ Spread the filling over the toffee. Start at 1 long side of the cake roll and, using the towel as an aid, roll up the cake to encase the filling.
- ☐ Place the cake, seam side down, on a platter.
- ☐ Trim the ends of the cake at a slight diagonal. Dust the cake with powdered sugar. Spoon some warm caramel sauce and the remaining toffee chips over the top of the cake. To serve, use a serrated knife to cut the cake crosswise into 1-inch thick slices.
- ☐ Drizzle more sauce on each slice and serve.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:10, Inflammation Score:-9, Nutrition Score:7.1104347602181%

Nutrients (% of daily need)

Calories: 361.6kcal (18.08%), Fat: 12.17g (18.72%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 57.56g (20.93%), Sugar: 51.03g (56.7%), Cholesterol: 123.1mg (41.03%), Sodium: 175.21mg (7.62%), Alcohol: 0.83g (100%), Alcohol %: 0.78% (100%), Protein: 5.55g (11.1%), Vitamin A: 2657.08IU (53.14%), Selenium: 12.33µg (17.61%), Manganese: 0.23mg (11.3%), Vitamin B2: 0.17mg (10.26%), Phosphorus: 87.85mg (8.79%), Vitamin B5: 0.59mg (5.87%), Calcium: 57.23mg (5.72%), Vitamin D: 0.82µg (5.45%), Vitamin B12: 0.31µg (5.22%), Iron: 0.85mg (4.73%), Vitamin E: 0.71mg (4.73%), Folate: 17.72µg (4.43%), Potassium: 125.45mg (3.58%), Vitamin B6: 0.07mg (3.26%), Zinc: 0.49mg (3.25%), Copper: 0.06mg (3.2%), Magnesium: 12.57mg (3.14%), Fiber: 0.77g (3.09%), Vitamin K: 3.2µg (3.05%), Vitamin B1: 0.02mg (1.64%), Vitamin C: 0.91mg (1.1%)