



## Pumpkin Spice Roll

READY IN



95 min.

SERVINGS



35

CALORIES



90 kcal

BREAD

### Ingredients

- 1 tsp calumet baking powder
- 0.8 cup pumpkin canned
- 4 oz philadelphia cream cheese softened ()
- 3 eggs
- 0.8 cup flour
- 1 cup granulated sugar
- 0.8 cup powdered sugar divided
- 1.5 tsp pumpkin pie spice
- 0.3 tsp salt

- 1 cup planters walnuts chopped
- 1.5 cups cool whip whipped topping thawed

## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- plastic wrap

## Directions

- Heat oven to 375F.
- Spray 15x10x1-inch pan with cooking spray; line with waxed paper. Spray waxed paper with additional cooking spray; dust with flour.
- Sprinkle clean towel with 1/4 cup powdered sugar.
- Mix flour, spice, baking powder and salt. Beat eggs and sugar in large bowl with mixer on high speed until thickened.
- Add pumpkin; mix well.
- Add flour mixture; beat just until blended.
- Spread onto bottom of prepared pan; sprinkle with nuts.
- Bake 15 min. or until top of cake springs back when touched in center. Immediately invert cake onto towel; remove pan. Carefully peel off paper. Starting at one short side, roll up cake and towel together. Cool completely on wire rack.
- Beat cream cheese and 1/2 cup powdered sugar in medium bowl with mixer until blended.
- Add COOL WHIP; mix well. Carefully unroll cake; remove towel.
- Spread cream cheese mixture over cake. Reroll cake; wrap in plastic wrap. Refrigerate 1 hour. Unwrap and sprinkle with remaining powdered sugar just before serving.

## Nutrition Facts



■ PROTEIN 6.98% ■ FAT 40.21% ■ CARBS 52.81%

## Properties

Glycemic Index:8.12, Glycemic Load:5.6, Inflammation Score:-5, Nutrition Score:2.720434791368%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

## Nutrients (% of daily need)

Calories: 89.66kcal (4.48%), Fat: 4.14g (6.37%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.78g (4.28%), Sugar: 9.39g (10.43%), Cholesterol: 17.37mg (5.79%), Sodium: 50.13mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin A: 884.17IU (17.68%), Manganese: 0.15mg (7.68%), Selenium: 2.66µg (3.8%), Copper: 0.07mg (3.36%), Phosphorus: 32.83mg (3.28%), Vitamin B2: 0.05mg (2.96%), Folate: 10.99µg (2.75%), Vitamin B1: 0.04mg (2.45%), Iron: 0.4mg (2.23%), Calcium: 21.56mg (2.16%), Magnesium: 8.19mg (2.05%), Fiber: 0.46g (1.84%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.13mg (1.28%), Potassium: 41.83mg (1.2%), Vitamin B3: 0.23mg (1.13%), Vitamin E: 0.17mg (1.1%), Vitamin K: 1.14µg (1.09%)