



Spiced Caramel Roulade with Ginger Cream

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



473 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 ounce sweet potato baby food ()
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup buttermilk
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 0.5 teaspoon cinnamon
- 1 tablespoon confectioners' sugar
- 0.3 cup crystallized ginger thinly sliced chopped (or)

- 3 large eggs at room temperature
- 1.5 cups flour for dusting all-purpose plus more pan
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 1.5 cups heavy whipping cream
- 0.5 teaspoon salt fine
- 1 cup sugar
- 8 tablespoons butter unsalted softened (1 stick)
- 2 teaspoons vanilla extract
- 12 servings vegetable oil

Equipment

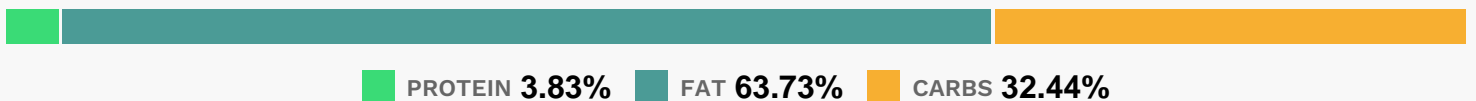
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- hand mixer
- kitchen towels
- spatula

Directions

- Position a rack in the center of the oven and preheat to 350 degrees F. Lightly grease, then line a 13 by 18-inch jelly-roll pan with parchment or waxed paper. (
- Let the paper come up the long sides by about 2 inches – this will make it easier to form the roll.)
- Brush paper with oil or butter, dust with flour, tap out excess.

- Whisk together 1 1/2 cups flour, baking soda, baking powder, cinnamon, cloves, salt, ginger and cardamom together in a medium bowl. In another bowl, combine sweet potato, buttermilk, and vanilla until smooth.
- Beat butter and sugar in the bowl of an electric mixer on high speed until light and fluffy, about 4 minutes. Reduce to low; add eggs 1 at a time, beating well after each addition.
- Add flour mixture in 3 parts, alternating with the wet mixture in 2 parts, beginning and ending with flour. Beat until just blended. (If needed, fold batter together with a rubber spatula.)
- Spread batter evenly in prepared pan.
- Bake until cake springs back when pressed lightly, about 15 minutes.
- Run knife around cake edge, and invert cake onto a cotton tea towel (100 percent cotton works best and keeps the cake from sticking) generously dusted with confectioners' sugar. Carefully pull back parchment paper to release, and then place it back on top of the cake. Gently roll up the cake and towel together, starting from the narrow end to make a fat roll.
- Meanwhile for the filling, whip cream and confectioner's sugar to soft peaks. Fold in crystallized ginger.
- Carefully unroll the cake and remove the towel.
- Drizzle caramel over the cake.
- Spread gingered cream evenly over the cake. Using the short edge of parchment as guide, roll the cake up into a fat, loose cylinder.
- Transfer to a long platter. Dust with more confectioners' sugar and cinnamon in a Halloween pattern if desired.
- Serve, now or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:21.58, Inflammation Score:-8, Nutrition Score:8.9195651334265%

Nutrients (% of daily need)

Calories: 473.01kcal (23.65%), Fat: 33.95g (52.23%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 38.02g (13.83%), Sugar: 24.79g (27.54%), Cholesterol: 100.92mg (33.64%), Sodium: 217.92mg (9.47%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 4.59g (9.17%), Vitamin A: 2429.51IU

(48.59%), Vitamin K: 27.81µg (26.49%), Selenium: 10.64µg (15.19%), Vitamin B2: 0.22mg (12.73%), Vitamin E: 1.82mg (12.15%), Manganese: 0.24mg (11.83%), Vitamin B1: 0.15mg (9.78%), Folate: 37.7µg (9.42%), Phosphorus: 78.15mg (7.82%), Vitamin D: 0.95µg (6.35%), Iron: 1.11mg (6.18%), Calcium: 56.4mg (5.64%), Vitamin B3: 1.04mg (5.18%), Vitamin B5: 0.47mg (4.75%), Vitamin B12: 0.21µg (3.56%), Fiber: 0.87g (3.47%), Potassium: 120mg (3.43%), Vitamin B6: 0.07mg (3.34%), Copper: 0.06mg (2.93%), Magnesium: 11.64mg (2.91%), Zinc: 0.42mg (2.81%)