



Spiced Pumpkin Praline Roll

READY IN



67 min.

SERVINGS



10

CALORIES



371 kcal

Ingredients

- 3 eggs
- 0.7 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1.7 cups cake mix yellow
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon nutmeg
- 0.1 teaspoon ground cloves
- 2 tablespoons powdered sugar
- 4 oz cream cheese softened (from 8-oz package)
- 0.5 cup brown sugar packed
- 1 cup whipping cream

- 0.3 cup pecans toasted chopped

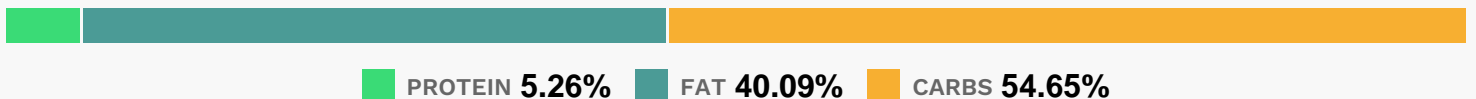
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- aluminum foil

Directions

- Heat oven to 375°F (350°F for dark or nonstick pan). Line 15x10x1-inch pan with foil or waxed paper; grease or spray foil or waxed paper.
- In medium bowl, beat eggs with electric mixer on high speed about 2 minutes or until very thick and lemon colored. Beat in pumpkin until well mixed. Gradually beat in dry cake mix, cinnamon, nutmeg and cloves on low speed; continue beating 1 minute.
- Pour into pan, spreading to corners.
- Bake 10 to 14 minutes or until cake springs back when touched lightly in center. Immediately loosen cake from edges of pan and turn upside down onto towel generously sprinkled with powdered sugar. Carefully remove foil. While hot, carefully roll cake and towel from narrow end. Cool on cooling rack at least 60 minutes.
- In medium bowl, beat cream cheese and brown sugar with electric mixer on high speed until smooth. Gradually add whipping cream; beat until stiff. Stir in 2 tablespoons of the pecans. Unroll cake and remove towel.
- Spread two-thirds of the cream cheese mixture over cake; roll up.
- Spread remaining cream cheese mixture over outside of cake.
- Sprinkle with remaining 2 tablespoons pecans. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:8.8891304161238%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 371.24kcal (18.56%), Fat: 16.85g (25.93%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 49.28g (17.92%), Sugar: 30.6g (34%), Cholesterol: 87.45mg (29.15%), Sodium: 388.5mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin A: 2069.58IU (41.39%), Phosphorus: 190.72mg (19.07%), Manganese: 0.35mg (17.56%), Vitamin B2: 0.25mg (14.56%), Calcium: 138.27mg (13.83%), Selenium: 7.38µg (10.54%), Folate: 42.06µg (10.52%), Fiber: 2.41g (9.63%), Vitamin B1: 0.12mg (8.33%), Iron: 1.46mg (8.09%), Vitamin B5: 0.72mg (7.15%), Vitamin E: 0.87mg (5.77%), Vitamin B6: 0.11mg (5.35%), Vitamin B3: 1.06mg (5.32%), Copper: 0.09mg (4.72%), Vitamin D: 0.64µg (4.3%), Magnesium: 15.72mg (3.93%), Zinc: 0.57mg (3.82%), Vitamin B12: 0.22µg (3.67%), Potassium: 126.72mg (3.62%), Vitamin K: 2.41µg (2.29%)