



Vegan Pumpkin Cake Roll

 Popular

READY IN



45 min.

SERVINGS



20

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup pumpkin puree canned
- ☐ 3 tablespoons coconut oil melted
- ☐ 8 ounce non-dairy cream cheese at room temperature
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 1.5 cups icing sugar
- ☐ 3 tablespoons non-hydrogenated margarine
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

Equipment

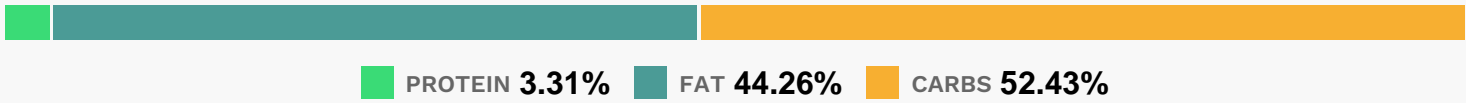
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kitchen towels
- ☐ offset spatula
- ☐ butter knife

Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Line the bottom of a 11×15-inch jelly roll pan with parchment paper (this is a must) and lightly grease the sides with oil. In a small bowl combine together the flour, spices, leavening agents and salt. In another bowl, cream together the pumpkin and sugar.
- ☐ Add the oil and vanilla and mix until blended well. Stir in half the dry ingredients into the creamed mixture, blending until just mixed.
- ☐ Add the balance flour mix and blend it once again.
- ☐ Spread the batter evenly into the prepared pan, preferably using an offset spatula. The spread batter will be very thin. (See My Notes)
- ☐ Bake for 13 to 15 minutes, until a toothpick inserted in the center of the cake comes out clean.
- ☐ Remove the pan out of the oven. Loosen the edges of the cake with a butter knife and invert onto a clean dish towel sprinkled with the icing sugar. Peel off the parchment paper.

- ☐
- Roll from the long side of the cake, wrapping it in the towel.
- ☐
- Let the cake cool on a cooling rack for at least an hour. Prepare the cream cheese filling meanwhile.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:7.43, Inflammation Score:-7, Nutrition Score:2.9986957143182%

Nutrients (% of daily need)

Calories: 153.95kcal (7.7%), Fat: 7.77g (11.95%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 20.28g (7.37%), Sugar: 16.22g (18.03%), Cholesterol: 11.45mg (3.82%), Sodium: 103.43mg (4.5%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 1.31g (2.61%), Vitamin A: 1657.42IU (33.15%), Selenium: 2.71µg (3.87%), Vitamin B2: 0.06mg (3.42%), Manganese: 0.07mg (3.25%), Vitamin B1: 0.04mg (2.79%), Folate: 10.73µg (2.68%), Phosphorus: 22.08mg (2.21%), Iron: 0.38mg (2.12%), Calcium: 18.4mg (1.84%), Vitamin E: 0.27mg (1.78%), Fiber: 0.42g (1.69%), Vitamin K: 1.75µg (1.67%), Vitamin B3: 0.33mg (1.63%), Vitamin B5: 0.12mg (1.24%), Potassium: 40.96mg (1.17%), Magnesium: 4.35mg (1.09%), Copper: 0.02mg (1.01%)