

# THIS WEEK'S RECIPE

As seen on hdnews.net

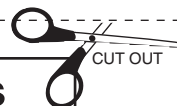


## Pumpkin Cake Roll

- 3 eggs
- 1 cup sugar
- 2/3 cup pumpkin
- 1 teaspoon lemon juice
- 3/4 cup flour
- 1-teaspoon baking soda
- 1-teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt



Beat eggs on high speed of mixer for 5 minutes. Gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together flour, baking soda, cinnamon, ginger, nutmeg and salt and fold it into the egg mixture. Spread on a 15 x 10 x 1 inch pan that has been lined with parchment paper. Bake at 375° oven for 15 minutes. Turn out onto a clean kitchen towel that has been sprinkled with powdered sugar. Roll starting at narrow end. Cool, unroll and fill with your favorite filling. Suggested fillings are whipped toppings, ice cream or a creamed cheese mixture.



### Nutrition Facts

Serving Size (78g)  
Servings Per Container 8

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**Amount Per Serving**  
Calories 180 Calories from Fat 20

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	<b>% Daily Value*</b>
Total Fat 2g .....	3%
Saturated Fat 0.5g .....	3%
Cholesterol 80mg .....	26%
Sodium 270mg .....	11%
Total Carbohydrate 36g .....	12%
Dietary Fiber 1g .....	4%
Sugars 25g	
Protein 4g	

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Vitamin A 90%	•	Vitamin C 2%
Calcium 6%	•	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4  
Nutritional analysis does not include any filling

### Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Eggs .....	Dairy
Sugar .....	#11
Pumpkin.....	#11
Lemon Juice .....	#5
Flour .....	#11
Baking Soda .....	#11
Cinnamon .....	#11
Ginger.....	#11
Nutmeg.....	#11
Salt .....	#11



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