

# Carrot Cake Jelly Roll (Swiss Roll)

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/pumpkin-spice-swiss-roll-recipe>

## Ingredients:

- 1 tablespoon gluten free flour blend
- rice flour
- potato starch
- tapioca starch
- 1/4 teaspoon xanthan gum
- 1/4 teaspoon salt
- 1 large carrot peeled and shredded like shredded cheese, about 1 cup or 4 oz. shredded
- 1 teaspoon gluten-free baking powder
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice OR 2 tsp. cinnamon
- 3 large eggs
- soft brown sugar 1/2 cup, 2 oz., 60 g. packed light
- 1/3 cup granulated sugar 2 3/4 oz., 75 g.
- 1 teaspoon gluten free vanilla extract
- 1/4 cup chopped pecans or macadamia nuts
- 3 tablespoons coconut shredded, sweetened regular
- 8 ounces cream cheese softened to room temperature, I use lite Neufchatel.
- 4 ounces butter softened to room temperature
- 1 teaspoon gluten-free vanilla extract Don't be heavy handed, as it overpowers.
- 2 cups icing sugar powdered/
- 1 can crushed pineapple in juice 8 oz., 250 g., drained well

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 280 milligrams
4. Fat: 52 grams

5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 28 grams
8. Sodium: 690 milligrams
9. Sugar: 84 grams

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