



Andouille-and-Sweet Potato Pie with Tangy Apple Salad

READY IN



45 min.

SERVINGS



6

CALORIES



592 kcal

Ingredients

- ☐ 0.5 pound andouille sausage cut into 1-inch pieces
- ☐ 6 servings apples
- ☐ 1 butter unsalted chilled cubed
- ☐ 0.5 teaspoon sage dried crumbled
- ☐ 3 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 cup water

- ☐ 1 tablespoon olive oil pure
- ☐ 0.5 onion finely chopped
- ☐ 6 servings pepper freshly ground
- ☐ 1 teaspoon penzey's southwest seasoning plus more for seasoning
- ☐ 1 pound sweet potatoes and into with a fork
- ☐ 1 cup cornmeal yellow

Equipment

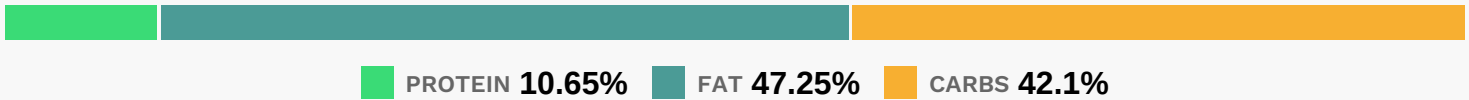
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 35
- ☐ Wrap the sweet potatoes in foil and bake for 45 minutes, until they are soft.
- ☐ Let the sweet potatoes cool. Meanwhile, in a food processor, combine the cornmeal and flour with the 1 teaspoon of salt.
- ☐ Add the chilled butter cubes and pulse until the mixture resembles coarse meal.
- ☐ Add the ice water and pulse until the dough comes together. Turn the dough out onto a work surface and knead until smooth.
- ☐ Lightly flour the work surface and roll out the dough to a 13-inch round, about 1/4 inch thick. Ease the dough into a 9-inch glass pie plate. Trim the overhang to 1 inch, then fold it under itself and crimp decoratively. Prick the bottom crust several times with a fork. Line the dough with foil and fill with pie weights.
- ☐ Bake for about 30 minutes, until the crust is barely set.
- ☐ Remove the foil and weights and bake for 10 minutes longer, until the crust is dry and very lightly browned.
- ☐ Meanwhile, in a large skillet, heat the olive oil.

- ☐ Add the andouille sausage and cook over high heat, stirring occasionally, until it is lightly browned, about 5 minutes.
- ☐ Add the onion, garlic and dried sage and cook until the onion is softened, about 5 minutes.
- ☐ Let cool slightly.
- ☐ Peel the sweet potatoes and transfer them to a food processor.
- ☐ Add the cream and puree until very smooth. Season with salt and pepper.
- ☐ Add the egg yolks and process until incorporated.
- ☐ Transfer the filling to a large bowl and stir in the andouille mixture. Scrape the filling into the crust and bake for about 45 minutes, until the custard is set.
- ☐ Let cool for 20 minutes, then cut the pie into wedges and serve with the Tangy Apple Salad.

Nutrition Facts



Properties

Glycemic Index:62.92, Glycemic Load:33.15, Inflammation Score:-10, Nutrition Score:21.735652301622%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 591.73kcal (29.59%), Fat: 31.42g (48.33%), Saturated Fat: 14.09g (88.05%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 55.59g (20.21%), Sugar: 12.19g (13.54%), Cholesterol: 174.89mg (58.3%), Sodium: 368.83mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.87%), Vitamin A: 11506.8IU (230.14%), Selenium: 23.44µg (33.49%), Manganese: 0.62mg (31.21%), Fiber: 7.38g (29.53%), Vitamin B1: 0.44mg (29.45%), Vitamin B6: 0.5mg (25.24%), Phosphorus: 245.08mg (24.51%), Vitamin B3: 4.76mg (23.82%), Vitamin B2:

0.39mg (22.77%), Folate: 76.2µg (19.05%), Iron: 3.4mg (18.91%), Potassium: 636.59mg (18.19%), Magnesium: 68.01mg (17%), Zinc: 2.5mg (16.69%), Vitamin B5: 1.56mg (15.64%), Copper: 0.28mg (13.95%), Vitamin E: 1.85mg (12.34%), Vitamin D: 1.65µg (11%), Vitamin K: 11.07µg (10.55%), Vitamin B12: 0.61µg (10.16%), Calcium: 90.92mg (9.09%), Vitamin C: 6.04mg (7.33%)