



Brandied Sweet Potato Tart



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brandy
- ☐ 3 tablespoons plus
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 3 tablespoons t brown sugar dark
- ☐ 1 large egg whites
- ☐ 2 large eggs
- ☐ 9 inch pastry crust
- ☐ 0.3 cup pecans chopped

- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1.5 pounds sweet potatoes and into cooked mashed
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ tart form

Directions

- ☐ Prepare and bake the Pastry Crust in a 9-inch round removable-bottom tart pan. Cool crust completely on a wire rack.
- ☐ Preheat oven to 32
- ☐ Beat sweet potato and the next 4 ingredients (sweet potato through cream cheese) at medium speed of a mixer until well-blended.
- ☐ Add eggs and brandy, and beat until well-blended. Spoon filling into prepared crust.
- ☐ Beat egg white, 3 tablespoons brown sugar, corn syrup, vanilla, and dash of salt at medium speed of a mixer for 2 minutes or until light brown.
- ☐ Pour corn syrup mixture over sweet potato mixture; sprinkle with pecans.
- ☐ Place tart on a baking sheet.
- ☐ Bake at 325 for 1 1/2 hours or until a knife inserted in center comes out clean. Cool completely on a wire rack.

Nutrition Facts



 PROTEIN **7.53%**  FAT **16.93%**  CARBS **75.54%**

Properties

Glycemic Index:17.5, Glycemic Load:10.21, Inflammation Score:-10, Nutrition Score:10.688695565514%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.38kcal (10.77%), Fat: 3.89g (5.99%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 36.15g (13.15%), Sugar: 23.44g (26.04%), Cholesterol: 46.5mg (15.5%), Sodium: 171.8mg (7.47%), Alcohol: 2.05g (100%), Alcohol %: 1.91% (100%), Protein: 3.9g (7.8%), Vitamin A: 12135.57IU (242.71%), Manganese: 0.42mg (21.06%), Fiber: 2.95g (11.8%), Vitamin B6: 0.21mg (10.68%), Potassium: 346.62mg (9.9%), Copper: 0.19mg (9.54%), Vitamin B5: 0.94mg (9.36%), Selenium: 6.2µg (8.86%), Vitamin B2: 0.14mg (8.36%), Phosphorus: 77.87mg (7.79%), Vitamin B1: 0.11mg (7.66%), Magnesium: 29.31mg (7.33%), Iron: 1.04mg (5.8%), Calcium: 48.87mg (4.89%), Folate: 18.83µg (4.71%), Zinc: 0.63mg (4.22%), Vitamin B3: 0.66mg (3.32%), Vitamin E: 0.4mg (2.7%), Vitamin C: 2.11mg (2.56%), Vitamin B12: 0.12µg (1.92%), Vitamin K: 1.79µg (1.71%), Vitamin D: 0.25µg (1.67%)