



Cardamom-Scented Sweet Potato Pie

READY IN



107 min.

SERVINGS



19

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 3 inch cinnamon sticks
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups half and half
- ☐ 5 tablespoons water
- ☐ 2 teaspoons orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon nigella seeds

- ☐ 0.5 cup shortening chilled
- ☐ 1 cup sugar
- ☐ 1.3 pounds sweet potatoes and into peeled cut into 1 1/2 inch chunks
- ☐ 2 teaspoons vanilla extract
- ☐ 19 servings garnish: whipped cream sweetened

Equipment

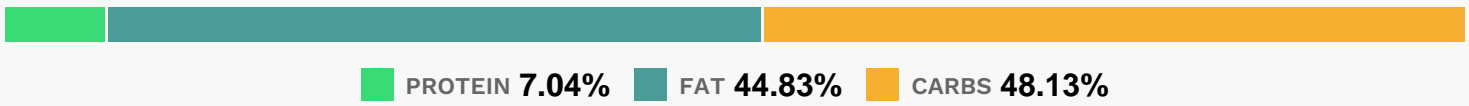
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ tart form
- ☐ meat tenderizer
- ☐ steamer basket

Directions

- ☐ Arrange sweet potato in a steamer basket over boiling water. Cover and steam 20 minutes or until very tender.
- ☐ While sweet potato cooks, process cinnamon and cardamom seeds in a coffee grinder or blender until finely ground; set aside, reserving 1/4 teaspoon for top of pie.
- ☐ When sweet potato is done, cool slightly, and process in a food processor until smooth.
- ☐ Whisk together spices (except for 1/4 teaspoon), sweet potato, eggs, and next 5 ingredients in a large bowl.
- ☐ Combine flour and 1/2 teaspoon salt.
- ☐ Cut in shortening with a pastry blender until the size of small peas.

- ☐ Sprinkle ice water, 1 tablespoon at a time, evenly over surface; stir with a fork until dry ingredients are moistened. Shape dough into a ball.
- ☐ Roll dough to about 1/4" thickness on a lightly floured surface. Fit into an ungreased 9 1/2" deep-dish fluted tart pan; trim off excess pastry along edges. Line tart shell with aluminum foil, pressing foil into the flutes. Trim foil to within 1/2" of top of pan. Fold foil down over top edge of crust to prevent overbrowning.
- ☐ Bake at 425 for 15 minutes; remove foil, and bake 7 minutes or until pastry is golden. Reduce oven temperature to 35
- ☐ With tart pan still on oven rack, pull out rack; pour filling into pastry, and sprinkle with remaining 1/4 teaspoon spices.
- ☐ Bake at 350 for 1 hour or until set. Cool completely before serving.
- ☐ Garnish, if desired. Store in refrigerator.
- ☐ Note: If you don't have a fluted tart pan, you can bake this pie in 2 (9") glass pieplates. Fit each piecrust (from a 15-ounce package refrigerated piecrusts) into a 9" pieplate according to package directions; fold edges under, and crimp. (No need to prebake crusts for these smaller pies.)
- ☐ Pour filling evenly into 2 prepared piecrusts.
- ☐ Sprinkle with remaining 1/4 teaspoon spices.
- ☐ Bake at 450 for 15 minutes. Reduce heat to 350; bake 30 more minutes or until set. Cool on a wire rack. (Pies will be thin.) Or bake pies using 2 frozen piecrusts.
- ☐ Tip: Use a meat mallet to break cinnamon stick before placing in coffee grinder. Tap cardamom pods lightly with mallet to release seeds.

Nutrition Facts



Properties

Glycemic Index:13.85, Glycemic Load:16.17, Inflammation Score:-10, Nutrition Score:8.6478260600049%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.84kcal (10.79%), Fat: 10.84g (16.67%), Saturated Fat: 4.32g (27.03%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 24.9g (9.06%), Sugar: 13.41g (14.9%), Cholesterol: 52.63mg (17.54%), Sodium: 139.95mg (6.08%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 3.83g (7.66%), Vitamin A: 4423.1IU (88.46%), Selenium: 7.73µg (11.04%), Vitamin B2: 0.17mg (10.06%), Manganese: 0.18mg (8.84%), Vitamin B1: 0.12mg (7.75%), Phosphorus: 75.24mg (7.52%), Folate: 27.31µg (6.83%), Vitamin B5: 0.57mg (5.74%), Calcium: 51.95mg (5.19%), Fiber: 1.27g (5.1%), Vitamin B6: 0.1mg (5.03%), Potassium: 170.08mg (4.86%), Iron: 0.87mg (4.81%), Vitamin E: 0.63mg (4.21%), Vitamin B3: 0.79mg (3.97%), Vitamin K: 3.96µg (3.77%), Copper: 0.07mg (3.61%), Magnesium: 14.34mg (3.58%), Zinc: 0.42mg (2.81%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.23µg (1.56%), Vitamin C: 1.24mg (1.5%)