



## Cinnamon Streusel Sweet Potato Pie

READY IN



230 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 2 tablespoons plus
- 1 deep dish pie crust frozen
- 3 eggs
- 1 cup evaporated milk
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon

- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.3 cup pecans chopped
- 1 lb sweet potatoes and into cooked uncooked mashed
- 1 cup garnish: whipped cream sweetened
- 0.3 cup walnut pieces chopped

## Equipment

- food processor
- bowl
- baking sheet
- oven
- knife
- whisk

## Directions

- Place cookie sheet on oven rack.
- Heat oven to 425F.
- Place sweet potatoes in food processor; cover and process until smooth. In large bowl, mix sweet potatoes and remaining filling ingredients with wire whisk until smooth; pour into frozen pie crust.
- Bake on cookie sheet 15 minutes. Reduce oven temperature to 350F; bake 20 minutes longer. Meanwhile, in small bowl, mix streusel ingredients.
- Carefully sprinkle streusel over filling.
- Bake 10 to 15 minutes longer or until knife inserted in center comes out clean and streusel is golden brown. Cool completely, about 3 hours.
- Serve pie with sweetened whipped cream. Store covered in refrigerator.

## Nutrition Facts

PROTEIN 7.16% FAT 43.03% CARBS 49.81%

## Properties

Glycemic Index:45.88, Glycemic Load:8.08, Inflammation Score:-10, Nutrition Score:14.445217246595%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 441.29kcal (22.06%), Fat: 21.52g (33.11%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 53.14g (19.32%), Sugar: 30.71g (34.12%), Cholesterol: 83.74mg (27.91%), Sodium: 220.27mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Vitamin A: 8350.87IU (167.02%), Manganese: 0.68mg (33.94%), Phosphorus: 175.48mg (17.55%), Vitamin B2: 0.28mg (16.21%), Calcium: 150.21mg (15.02%), Selenium: 8.8µg (12.58%), Vitamin B1: 0.19mg (12.41%), Copper: 0.24mg (11.98%), Fiber: 2.93g (11.7%), Potassium: 408.96mg (11.68%), Folate: 46.69µg (11.67%), Vitamin B5: 1.12mg (11.23%), Vitamin B6: 0.22mg (10.79%), Magnesium: 41.63mg (10.41%), Iron: 1.8mg (10.02%), Zinc: 1.11mg (7.38%), Vitamin B3: 1.33mg (6.63%), Vitamin E: 0.94mg (6.23%), Vitamin K: 6.25µg (5.95%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.39µg (2.61%), Vitamin C: 2.06mg (2.5%)