



Coconut-Rum Sweet Potato Pie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 9 inch unbaked cream cheese piecrust
- ☐ 0.5 cup brown sugar dark packed
- ☐ 2 tablespoons rum dark
- ☐ 3 large eggs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds sweet potatoes and into cooked mashed

- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 1.5 teaspoons vanilla extract

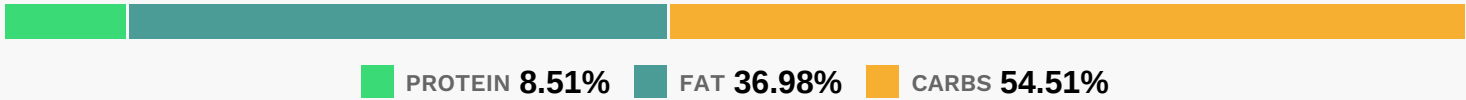
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Prepare Cream Cheese Piecrust in a 9-inch pie plate; set aside.
- ☐ Preheat oven to 350
- ☐ Combine sweet potato and next 7 ingredients (sweet potato through eggs) in a food processor, and process until smooth. Spoon mixture into prepared crust; sprinkle with coconut.
- ☐ Bake at 350 for 1 hour or until set; shield edges of piecrust with foil after 20 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:9.3508695363998%

Flavonoids

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: 193.92kcal (9.7%), Fat: 7.75g (11.93%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 23.57g (8.57%), Sugar: 15.6g (17.34%), Cholesterol: 70.82mg (23.61%), Sodium: 173.9mg (7.56%),

Alcohol: 1.21g (100%), Alcohol %: 1.38% (100%), Protein: 4.01g (8.03%), Vitamin A: 8324.41IU (166.49%), Manganese: 0.21mg (10.28%), Selenium: 7.15µg (10.21%), Vitamin B2: 0.15mg (8.74%), Fiber: 2.14g (8.57%), Phosphorus: 82.24mg (8.22%), Vitamin B5: 0.81mg (8.07%), Vitamin B6: 0.16mg (8.02%), Potassium: 270.33mg (7.72%), Copper: 0.12mg (5.96%), Calcium: 56.34mg (5.63%), Magnesium: 21.33mg (5.33%), Iron: 0.77mg (4.3%), Vitamin B1: 0.06mg (3.8%), Folate: 15.19µg (3.8%), Zinc: 0.5mg (3.34%), Vitamin B12: 0.2µg (3.27%), Vitamin E: 0.43mg (2.87%), Vitamin D: 0.3µg (2%), Vitamin B3: 0.39mg (1.96%), Vitamin C: 1.38mg (1.67%), Vitamin K: 1.38µg (1.31%)