



Five-Spice Sweet Potato Pie

READY IN



45 min.

SERVINGS



10

CALORIES



384 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 2 tablespoons butter softened
- 3 large eggs lightly beaten
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.5 cup milk 2% reduced-fat
- 0.5 teaspoon pumpkin pie spice
- 15 ounce pie dough refrigerated (such as Pillsbury)
- 0.3 teaspoon salt

- 2 pounds sweet potatoes (5 medium)
- 1 teaspoon vanilla extract

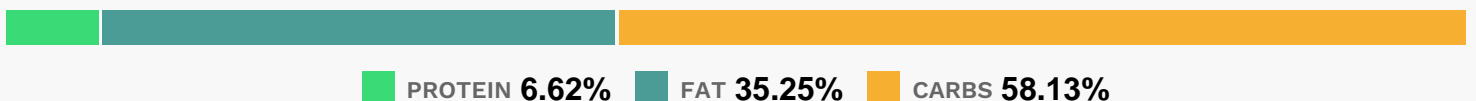
Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- blender

Directions

- Preheat oven to 37
- Pierce sweet potatoes several times with a fork.
- Place sweet potatoes on a baking sheet.
- Bake at 375 for 1 hour and 15 minutes or until tender. Cool slightly. Peel and discard skins.
- Place the pulp in a medium bowl, and mash.
- Add 3/4 cup brown sugar and the next 8 ingredients (through eggs) to pulp. Beat with a mixer at medium speed until well blended.
- Fit refrigerated pie dough into a 9-inch pie plate; fold edges under, and flute.
- Pour sweet potato mixture into pie shell.
- Bake at 375 for 55 minutes or until a knife inserted in center comes out clean. Cool pie completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:13.216521708862%

Flavonoids

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

Nutrients (% of daily need)

Calories: 384.48kcal (19.22%), Fat: 15.09g (23.22%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 56.02g (18.67%), Net Carbohydrates: 52.15g (18.96%), Sugar: 20.53g (22.81%), Cholesterol: 62.76mg (20.92%), Sodium: 331.53mg (14.41%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 6.38g (12.76%), Vitamin A: 13034.27IU (260.69%), Manganese: 0.47mg (23.71%), Fiber: 3.86g (15.45%), Vitamin B1: 0.2mg (13.25%), Vitamin B2: 0.22mg (12.91%), Vitamin B6: 0.25mg (12.42%), Vitamin B5: 1.2mg (11.95%), Folate: 47.7µg (11.93%), Potassium: 408.68mg (11.68%), Selenium: 8.11µg (11.58%), Phosphorus: 115.46mg (11.55%), Iron: 2.07mg (11.51%), Copper: 0.19mg (9.49%), Magnesium: 34.03mg (8.51%), Vitamin B3: 1.7mg (8.5%), Calcium: 74.08mg (7.41%), Zinc: 0.73mg (4.85%), Vitamin K: 5.06µg (4.82%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.2µg (3.35%), Vitamin C: 2.23mg (2.7%), Vitamin D: 0.3µg (2%)