



Five-Spice Sweet Potato Pie

READY IN



45 min.

SERVINGS



10

CALORIES



447 kcal

DESSERT

Ingredients

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

- 0.3 teaspoon salt
- 2 pounds sweet potatoes and into (5 medium)
- 1 teaspoon vanilla extract

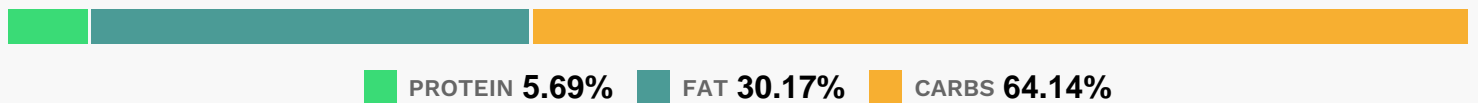
Equipment

- 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:13.433913033942%

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: 447.18kcal (22.36%), Fat: 15.09g (23.22%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 72.2g (24.07%), Net Carbohydrates: 68.34g (24.85%), Sugar: 36.53g (40.59%), Cholesterol: 62.76mg (20.92%), Sodium: 336.15mg (14.62%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6.4g (12.8%), Vitamin A: 13034.27IU (260.69%), Manganese: 0.48mg (24.24%), Fiber: 3.86g (15.45%), Vitamin B1: 0.2mg (13.25%), Vitamin B2: 0.22mg (12.91%), Vitamin B6: 0.26mg (12.76%), Potassium: 430.62mg (12.3%), Vitamin B5: 1.22mg (12.17%), Iron: 2.19mg (12.16%), Folate: 47.87µg (11.97%), Selenium: 8.31µg (11.87%), Phosphorus: 116.12mg (11.61%), Copper: 0.2mg (9.88%), Magnesium: 35.52mg (8.88%), Calcium: 87.77mg (8.78%), Vitamin B3: 1.72mg (8.59%), Zinc: 0.73mg (4.88%), 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%)