

Harvest Pie

READY IN



410 min.

SERVINGS



8

CALORIES



699 kcal

DESSERT

Ingredients

- 0.3 cup t brown sugar dark packed
- 0.7 cup brown sugar packed
- 2 tablespoons butter melted
- 2 tablespoons blackstrap molasses dark
- 3 large eggs
- 0.3 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 1 cup gingersnaps crushed (20)
- 0.5 cup granulated sugar

- 0.1 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 0.5 cup pecans
- 0.8 cup pecans coarsely chopped
- 0.3 cup powdered sugar
- 1 pie crust dough refrigerated softened
- 0.5 teaspoon salt
- 2 large sweet potatoes and into
- 0.3 cup cranberries dried sweetened
- 0.3 cup water hot
- 1 cup whipping cream

Equipment

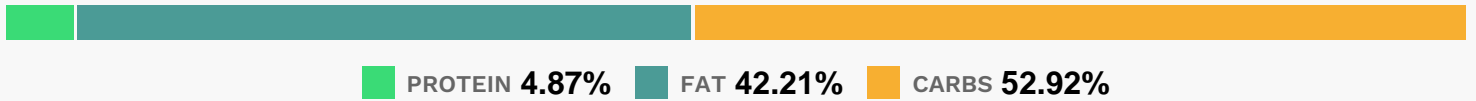
- bowl
- baking sheet
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Heat oven to 400F. Wash and pierce sweet potatoes.
- Place on rimmed baking sheet.
- Bake 1 hour to 1 hour 10 minutes.
- Remove from oven and let cool to room temperature, about 1 hour.
- Cut lengthwise in half; scoop out inside; discard skins. Mash sweet potatoes until no lumps remain.

- Combine dried cranberries and hot water. Set aside until ready to put into the streusel.
- Turn oven temperature down to 350F.
- Unroll and place crust into ungreased deep-dish 9-inch glass pie plate. Crimp edges.
- Combine remaining crust ingredients. Press in bottom and about 1/2 inch up side of pie crust.
- Bake 10 minutes.
- Remove from oven and let cool completely on cooling rack, about 30 minutes.
- Beat all filling ingredients except molasses, eggs, cream and sweet potatoes together in large bowl with whisk. Beat in 1 1/2 cups mashed sweet potatoes, molasses and eggs. Beat in cream.
- Pour mixture into cooled crust.
- Place pie on middle oven rack; place sheet of foil on rack below pie in case of spillover.
- Bake about 40 minutes or until filling is set around edges.
- Drain cranberries. Stir in remaining streusel ingredients. Gently sprinkle streusel around edge of crust.
- Bake for an additional 20 minutes or until set.
- Remove from oven and let cool completely on cooling rack, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:51.51, Glycemic Load:22.07, Inflammation Score:-10, Nutrition Score:19.588260951249%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 699.1kcal (34.96%), Fat: 33.63g (51.74%), Saturated Fat: 12.3g (76.86%), Carbohydrates: 94.84g (31.61%), Net Carbohydrates: 89.46g (32.53%), Sugar: 55.93g (62.15%), Cholesterol: 110.89mg (36.96%), Sodium: 424.66mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Vitamin A: 12694.75IU (253.89%), Manganese: 1.43mg (71.65%), Copper: 0.44mg (22.06%), Fiber: 5.39g (21.56%), Vitamin B1: 0.32mg (21.13%), Iron: 3.46mg (19.22%), Vitamin B2: 0.33mg (19.15%), Selenium: 13.02µg (18.6%), Magnesium: 70.69mg (17.67%), Phosphorus: 174.45mg (17.44%), Potassium: 591.47mg (16.9%), Vitamin B6: 0.33mg (16.29%), Folate: 60.89µg (15.22%), Vitamin B5: 1.43mg (14.31%), Calcium: 116.95mg (11.7%), Vitamin B3: 2.17mg (10.85%), Zinc: 1.52mg (10.14%), Vitamin E: 1.34mg (8.93%), Vitamin D: 0.85µg (5.67%), Vitamin K: 5.71µg (5.44%), Vitamin B12: 0.22µg (3.67%), Vitamin C: 2.42mg (2.93%)