



## Kitchen Express Orange-Sweet Potato Pie

READY IN



275 min.

SERVINGS



8

CALORIES



504 kcal

DESSERT

### Ingredients

- 3 tablespoons butter melted
- 3 large eggs
- 1 cup evaporated milk
- 2 teaspoons rosemary fresh chopped
- 0.8 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 tablespoon orange juice fresh
- 2 teaspoons orange zest

- 15 oz piecrusts refrigerated
- 1.5 pounds sweet potatoes
- 1.5 teaspoons vanilla extract
- 1 tablespoon cornmeal plain white

## Equipment

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

## Directions

- Unroll piecrust on a lightly floured surface.
- Sprinkle with cornmeal and chopped fresh rosemary. Lightly roll cornmeal and rosemary into crust. Fit into a 9-inch pie plate according to package directions. Fold edges under; crimp. Chill 30 minutes.
- Preheat oven to 400
- Bake crust 20 minutes, shielding edges with aluminum foil to prevent excessive browning. Cool completely on a wire rack (about 1 hour).
- Bake sweet potatoes at 400 on a baking sheet 50 to 55 minutes or until tender.
- Let stand 5 minutes.
- Cut potatoes in half lengthwise; scoop out pulp into a bowl. Mash pulp. Discard skins.
- Whisk together eggs and granulated sugar until well blended.
- Add milk, next 6 ingredients, and sweet potato pulp, stirring until blended.
- Pour mixture into baked crust.
- Bake at 400 for 20 minutes. Reduce heat to 325, and bake 20 to 25 minutes or until center is set.
- Let cool completely on a wire rack (about 1 hour).

# Nutrition Facts

PROTEIN 7.38% FAT 40.02% CARBS 52.6%

## Properties

Glycemic Index:38.14, Glycemic Load:21.66, Inflammation Score:-10, Nutrition Score:15.34260872136%

## Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 504.48kcal (25.22%), Fat: 22.48g (34.58%), Saturated Fat: 9.11g (56.95%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 62.32g (22.66%), Sugar: 25.81g (28.68%), Cholesterol: 90.17mg (30.06%), Sodium: 358.32mg (15.58%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 9.33g (18.66%), Vitamin A: 12381.62IU (247.63%), Manganese: 0.5mg (24.81%), Vitamin B2: 0.34mg (19.79%), Phosphorus: 184.82mg (18.48%), Fiber: 4.15g (16.6%), Vitamin B1: 0.24mg (16.12%), Folate: 59.32µg (14.83%), Selenium: 10.2µg (14.57%), Vitamin B5: 1.43mg (14.28%), Potassium: 474.01mg (13.54%), Calcium: 132.48mg (13.25%), Iron: 2.37mg (13.17%), Vitamin B6: 0.26mg (13.09%), Magnesium: 41.36mg (10.34%), Vitamin B3: 2.04mg (10.2%), Copper: 0.19mg (9.7%), Zinc: 1.03mg (6.89%), Vitamin K: 6.07µg (5.78%), Vitamin E: 0.84mg (5.63%), Vitamin C: 4.39mg (5.33%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.41µg (2.71%)