



WHATSheATE



## Layered Cream Cheese-Sweet Potato Pie

READY IN



260 min.

SERVINGS



8

CALORIES



481 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 8 oz cream cheese softened
- ☐ 1 deep dish pie crust frozen pillsbury®
- ☐ 1 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.7 cup half and half

- ☐ 1 teaspoon orange zest   grated
- ☐ 0.1 teaspoon salt
- ☐ 0.8 lb sweet potatoes and into   dark cooked uncooked mashed
- ☐ 1 cup whipping cream   sweetened

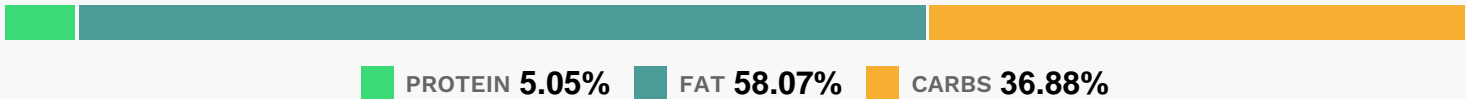
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

## Directions

- ☐ Place cookie sheet on oven rack.
- ☐ Heat oven to 350°F. In small bowl, beat cream cheese and sugar on low speed until well blended.
- ☐ Add egg; beat well. Stir in orange peel. Set aside.
- ☐ In food processor, place sweet potatoes. Cover; process until smooth. In large bowl, beat sweet potato layer ingredients with wire whisk.
- ☐ Remove crust from freezer.
- ☐ Spread cream cheese mixture in frozen pie crust. Carefully spoon sweet potato mixture over cream cheese mixture.
- ☐ Bake on cookie sheet 50 to 60 minutes or until set and knife inserted near center comes out clean. Cool 30 minutes. Refrigerate until chilled, 3 to 4 hours.
- ☐ Serve pie with sweetened whipped cream. Cover and refrigerate any remaining pie.

## Nutrition Facts



## Properties

Glycemic Index:28.76, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:11.357826046322%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 480.84kcal (24.04%), Fat: 31.52g (48.5%), Saturated Fat: 16.48g (103.01%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 43.26g (15.73%), Sugar: 24.16g (26.85%), Cholesterol: 89.77mg (29.92%), Sodium: 280.57mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin A: 6953.57IU (139.07%), Manganese: 0.3mg (15.15%), Vitamin B2: 0.25mg (14.9%), Phosphorus: 117.75mg (11.78%), Selenium: 7.44µg (10.62%), Calcium: 103.54mg (10.35%), Vitamin B5: 0.84mg (8.42%), Folate: 33.64µg (8.41%), Potassium: 289.44mg (8.27%), Vitamin B1: 0.12mg (7.91%), Vitamin B6: 0.15mg (7.73%), Vitamin E: 1.09mg (7.27%), Fiber: 1.79g (7.14%), Iron: 1.19mg (6.63%), Vitamin K: 6.87µg (6.54%), Magnesium: 23.8mg (5.95%), Copper: 0.11mg (5.46%), Vitamin B3: 1.04mg (5.2%), Zinc: 0.63mg (4.21%), Vitamin D: 0.59µg (3.91%), Vitamin B12: 0.2µg (3.29%), Vitamin C: 1.73mg (2.09%)