



Mini Sweet Potato Pies

READY IN



40 min.

SERVINGS



24

CALORIES



990 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 2 tablespoons cream cheese softened (reserved from Whipped Cinnamon Cream Cheese)
- 8 ounce block cream cheese softened for pies (reserve 2 tablespoons)
- 2 eggs
- 1 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 tablespoon ground cinnamon
- 0.3 cup heavy cream

- 24 servings oil for pans
- 24 pre-made pie shells mini
- 0.5 cup powdered sugar
- 12 ounce sweet potatoes canned
- 1 tablespoon vanilla extract

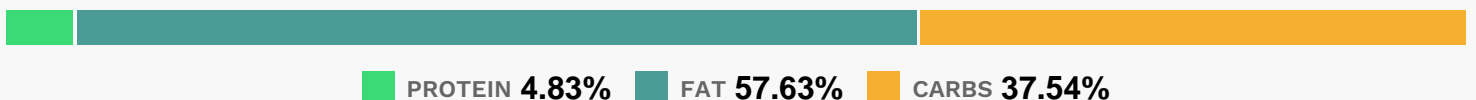
Equipment

- bowl
- oven
- hand mixer
- pastry bag
- mini muffin tray

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Put the pre-made mini shells inside a greased 24-count mini muffin pan.
- In a large bowl add the yams, cream cheese, eggs, vanilla, cinnamon, allspice, brown sugar and caramel sauce. Beat with a hand-held electric mixer until well combined. Dollop 2 to 3 tablespoons of the pie mixture into each shell.
- Bake until the custard sets, about 25 minutes.
- Remove from the oven and set aside to cool.
- Add the cream cheese, cream, sugar and cinnamon to a large bowl. Using a hand-held electric mixer, beat the cream cheese mixture until you reach a frosting consistency.
- Transfer the mixture to a disposable pastry bag with a star tip. Pipe a small amount of whipped cream cheese on each mini sweet potato pie. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:16.058260974677%

Nutrients (% of daily need)

Calories: 990.05kcal (49.5%), Fat: 63.25g (97.31%), Saturated Fat: 17.74g (110.9%), Carbohydrates: 92.71g (30.9%), Net Carbohydrates: 87.81g (31.93%), Sugar: 7.17g (7.96%), Cholesterol: 27.21mg (9.07%), Sodium: 751.31mg (32.67%), Alcohol: 0.19g (100%), Alcohol %: 0.11% (100%), Protein: 11.93g (23.87%), Vitamin A: 2215.73IU (44.31%), Manganese: 0.86mg (43.11%), Vitamin B1: 0.48mg (32.21%), Folate: 123.46µg (30.87%), Iron: 4.64mg (25.78%), Vitamin B3: 4.7mg (23.48%), Vitamin E: 3.43mg (22.88%), Vitamin K: 23.08µg (21.98%), Vitamin B2: 0.34mg (20.28%), Fiber: 4.89g (19.57%), Selenium: 11.98µg (17.11%), Phosphorus: 150.54mg (15.05%), Vitamin B5: 0.93mg (9.33%), Copper: 0.16mg (7.86%), Magnesium: 31.34mg (7.84%), Potassium: 242.09mg (6.92%), Vitamin B6: 0.13mg (6.48%), Zinc: 0.92mg (6.16%), Calcium: 58.03mg (5.8%), Vitamin B12: 0.06µg (1.07%)