



New School Sweet Potato Pie

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons blackstrap molasses dark
- ☐ 1 egg white
- ☐ 2 large eggs
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 2 tablespoons flaxseed meal
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 tablespoons ice water
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 teaspoon salt
- ☐ 2 cups sweet potatoes cooked
- ☐ 0.7 cup vegetable shortening organic
- ☐ 1 cup pastry flour whole wheat

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ wax paper

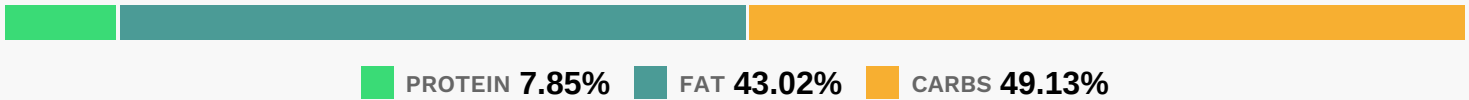
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ On lightly floured surface, roll out Rachel McBride's Whole Wheat Dough to a 12-inch circle. Ease it into 10-inch deep-dish pie plate, pressing evenly onto the bottom and up the sides of the pan. Prick the dough all over with a fork. Crimp the edges.
- ☐ Line the pie crust with foil and fill with pie weights or dried beans.
- ☐ Bake 20 minutes.
- ☐ Remove the foil and weights. Return the crust to the oven and bake just until the dough is lightly browned, 10 to 12 minutes. Cool the crust in the pan on a rack, 10 minutes.
- ☐ Meanwhile, to make the filling, combine the evaporated milk, sweet potatoes, brown sugar, molasses, cinnamon, nutmeg, allspice, eggs and egg white in a food processor and pulse until

smooth; it's alright if some sweet potato chunks remain.

- ☐ Pour the filling into the crust.
- ☐ Bake just until the center is set, 40 to 45 minutes. Cool completely on a rack. Chill until ready to serve.
- ☐ Whisk together the flours, flaxseed meal and salt. Use a fork or pastry blender to cut in 1/3 cup vegetable shortening to the texture of a fine meal.
- ☐ Cut in the remaining 1/3 cup shortening in larger pieces, about the size of small peas.
- ☐ Sprinkle 3 tablespoons ice water over the mixture and gently combine with a fork or a wooden spoon.
- ☐ Sprinkle another 3 to 4 tablespoons ice water and bring together gently in a ball. Wrap in wax paper and chill until use. When ready to use, roll one disk out to a 1/2-inch thickness and place into desired pie plate.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:13.6, Inflammation Score:-10, Nutrition Score:17.575652163962%

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: 468.28kcal (23.41%), Fat: 22.81g (35.09%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 54.9g (19.97%), Sugar: 29.63g (32.92%), Cholesterol: 58.83mg (19.61%), Sodium: 388.1mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin A: 4889IU (97.78%), Manganese: 1.01mg (50.55%), Selenium: 21.93µg (31.33%), Phosphorus: 211.71mg (21.17%), Vitamin B2: 0.33mg (19.61%), Vitamin B1: 0.28mg (18.9%), Calcium: 172.27mg (17.23%), Magnesium: 65.74mg (16.43%), Fiber: 3.72g (14.88%), Potassium: 452.31mg (12.92%), Iron: 2.3mg (12.79%), Folate: 50.09µg (12.52%), Vitamin B6: 0.23mg (11.56%), Vitamin B5: 1.1mg (10.97%), Copper: 0.21mg (10.52%), Vitamin B3: 2.08mg (10.38%), Vitamin K: 10.5µg (10%), Vitamin E: 1.46mg (9.75%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.18µg (3.04%), Vitamin C: 1.64mg (1.99%), Vitamin D: 0.29µg (1.95%)