



Orange-Sweet Potato Pie With Rosemary-Cornmeal Crust

 Vegetarian

READY IN



275 min.

SERVINGS



8

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter cold cut into pieces
- ☐ 3 tablespoons butter melted
- ☐ 3 large eggs
- ☐ 1 cup evaporated milk
- ☐ 0.8 cup flour all-purpose
- ☐ 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
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sweet potatoes
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup water very cold
- ☐ 0.5 cup cornmeal plain white

Equipment

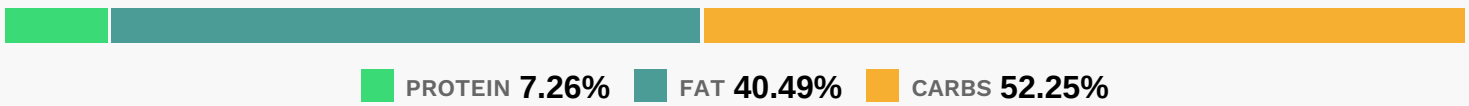
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Whisk together first 5 ingredients in a medium bowl until well blended.
- ☐ Cut butter into flour mixture with a pastry blender or fork until mixture resembles small peas and is crumbly.
- ☐ Sprinkle cold water, 1 Tbsp. at a time, over surface of mixture in bowl; stir with a fork until dry ingredients are moistened.
- ☐ Place dough on a plastic wrap-lined flat surface, and shape into a disc. Wrap in plastic wrap, and chill 30 minutes.

- ☐ Unwrap dough, and roll between 2 new sheets of lightly floured plastic wrap into a 12-inch circle. Fit into a 9-inch pie plate. Fold edges under, and crimp. Chill 30 minutes.
- ☐ Preheat oven to 40
- ☐ 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 Rosemary–Cornmeal 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).
- ☐ Kitchen Express: Substitute 1/2 (15-oz.) package refrigerated piecrusts for cornmeal crust ingredients. Unroll on a lightly floured surface.
- ☐ Sprinkle with 1 Tbsp. plain white cornmeal and 2 tsp. 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. Proceed as directed, beginning with Step

Nutrition Facts



Properties

Glycemic Index:53.76, Glycemic Load:28.14, Inflammation Score:-10, Nutrition Score:14.822608636773%

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: 455.1kcal (22.75%), Fat: 20.68g (31.81%), Saturated Fat: 12.16g (76%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 55.98g (20.36%), Sugar: 29.65g (32.94%), Cholesterol: 120.68mg (40.23%), Sodium: 305.84mg (13.3%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 8.34g (16.69%), Vitamin A: 12735.63IU (254.71%), Manganese: 0.4mg (19.88%), Vitamin B2: 0.32mg (18.91%), Phosphorus: 186.93mg (18.69%), Fiber: 4.04g (16.17%), Selenium: 11.31µg (16.15%), Vitamin B5: 1.5mg (14.96%), Vitamin B6: 0.29mg (14.57%), Vitamin B1: 0.22mg (14.35%), Potassium: 476.97mg (13.63%), Calcium: 128.81mg (12.88%), Magnesium: 47.18mg (11.8%), Folate: 46.77µg (11.69%), Iron: 1.87mg (10.37%), Copper: 0.19mg (9.57%), Zinc: 1.17mg (7.81%), Vitamin B3: 1.55mg (7.73%), Vitamin E: 0.97mg (6.45%), Vitamin C: 4.39mg (5.33%), Vitamin B12: 0.25µg (4.17%), Vitamin K: 3.25µg (3.1%), Vitamin D: 0.41µg (2.71%)