



Pecan-Crusted Sweet Potato Pie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



251 kcal

DESSERT

Ingredients

- 0.5 cup light-colored corn syrup
- 9 inch unbaked cream cheese piecrust
- 0.3 cup brown sugar dark packed
- 0.5 cup brown sugar dark packed
- 1 large eggs
- 3 tablespoons evaporated milk fat-free
- 0.3 teaspoon ground cinnamon
- 0.5 cup pecans chopped

- 0.8 teaspoon pumpkin-pie spice
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.8 pound sweet potatoes and into cooked mashed
- 2 teaspoons vanilla extract

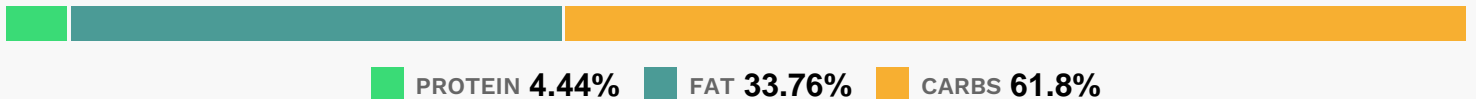
Equipment

- food processor
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Prepare Cream Cheese Piecrust in a 9-inch pie plate; set aside.
- Preheat oven to 35
- Combine sweet potato and next 5 ingredients (sweet potato through 1 egg) in a food processor, and process until smooth. Spoon mixture into prepared crust.
- Combine 1/2 cup brown sugar and next 5 ingredients (1/2 cup brown sugar through 1 egg); stir well with a whisk. Stir in pecans.
- Pour pecan mixture over sweet potato mixture.
- Bake at 350 for 1 hour or until almost set; shield edges of piecrust with foil after 20 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:6.1, Inflammation Score:-10, Nutrition Score:8.7460868850998%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg 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: 251.4kcal (12.57%), Fat: 9.76g (15.02%), Saturated Fat: 3.62g (22.66%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 38.62g (14.04%), Sugar: 33.64g (37.38%), Cholesterol: 34.45mg (11.48%), Sodium: 178.86mg (7.78%), Alcohol: 0.28g (100%), Alcohol %: 0.35% (100%), Protein: 2.89g (5.78%), Vitamin A: 5061.07IU (101.22%), Manganese: 0.38mg (19.13%), Copper: 0.13mg (6.69%), Phosphorus: 66.52mg (6.65%), Fiber: 1.59g (6.37%), Calcium: 61.63mg (6.16%), Vitamin B2: 0.1mg (5.82%), Potassium: 203.5mg (5.81%), Vitamin B6: 0.11mg (5.49%), Vitamin B1: 0.08mg (5.35%), Vitamin B5: 0.53mg (5.31%), Selenium: 3.64µg (5.2%), Magnesium: 20.23mg (5.06%), Zinc: 0.61mg (4.04%), Iron: 0.62mg (3.46%), Vitamin E: 0.35mg (2.35%), Folate: 9.17µg (2.29%), Vitamin B3: 0.31mg (1.53%), Vitamin B12: 0.08µg (1.39%), Vitamin C: 1mg (1.21%), Vitamin K: 1.21µg (1.15%)