



Reggie's Sweet Potato Pie

READY IN



1505 min.

SERVINGS



8

CALORIES



1531 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 4 tablespoons butter melted
- ☐ 8 9-inch deep-dish pie crust shell frozen
- ☐ 2 large eggs
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons heavy cream
- ☐ 0.5 juice of lemon juiced
- ☐ 1 lemon zest grated
- ☐ 1 cup pecans raw

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon sea salt
- ☐ 40 ounce cut sweet potatoes in syrup light canned
- ☐ 7 ounces condensed milk sweetened
- ☐ 1 teaspoon vanilla extract pure

Equipment

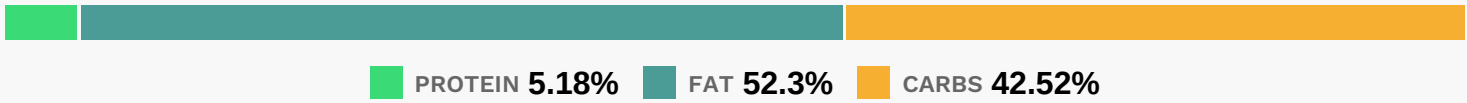
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Drain sweet potatoes of their juice.
- ☐ Place sweet potatoes in an 11-cup food processor.
- ☐ Add the rest of the ingredients, except heavy cream, to food processor. Process mixture until smooth. Using a pastry brush, brush heavy cream over the surface of the frozen pie shell. Spoon sweet potato mixture into pie crust smoothing the top over. (Stop here and look below if using pecan topping.)
- ☐ Place on baking sheet and bake in the middle lower third of the oven for 45 minutes.
- ☐ Remove from oven and allow to cool in the refrigerator for several hours or overnight.
- ☐ In a medium saucepan place all ingredients over medium heat. Bring to a boil, reduce heat and cook, stirring constantly for 8 minutes.
- ☐ Remove from heat, allow to cool slightly but still warm and pliable.
- ☐ Add sweet potato filling to piecrust, spreading evenly over bottom of crust. Next, carefully spoon pecan mixture over sweet potato filling.

- ☐
- Place on a sheet pan in the lower third of a 350 degree F oven and bake for 45 minutes to 1 hour.
- ☐
- Remove from oven allow to cool in the refrigerator for several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:22.36, Inflammation Score:-10, Nutrition Score:32.490869418434%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1531.42kcal (76.57%), Fat: 89.72g (138.03%), Saturated Fat: 28.81g (180.09%), Carbohydrates: 164.08g (54.69%), Net Carbohydrates: 155.35g (56.49%), Sugar: 34g (37.78%), Cholesterol: 91.03mg (30.34%), Sodium: 1129.31mg (49.1%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 20.01g (40.02%), Vitamin A: 20700.25IU (414.01%), Manganese: 2.05mg (102.68%), Folate: 202.56µg (50.64%), Vitamin B1: 0.74mg (49.2%), Iron: 6.73mg (37.38%), Vitamin B2: 0.63mg (36.77%), Vitamin K: 38.23µg (36.41%), Phosphorus: 355.69mg (35.57%), Fiber: 8.73g (34.91%), Vitamin B3: 6.69mg (33.44%), Selenium: 19.82µg (28.32%), Copper: 0.56mg (28.25%), Vitamin E: 3.86mg (25.72%), Potassium: 886.59mg (25.33%), Vitamin B5: 2.51mg (25.1%), Vitamin B6: 0.48mg (23.9%), Magnesium: 95.57mg (23.89%), Calcium: 202.19mg (20.22%), Zinc: 2.48mg (16.56%), Vitamin C: 6.05mg (7.33%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.6µg (3.98%)