



Roasted Sweet Potato Pie

READY IN



385 min.

SERVINGS



8

CALORIES



580 kcal

DESSERT

Ingredients

- 1.5 lb sweet potatoes and into (2 medium-large)
- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 0.5 cup butter softened
- 0.5 cup brown sugar packed
- 0.5 cup granulated sugar
- 0.5 cup whipping cream
- 2 tablespoons bourbon
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg

- 0.3 teaspoon salt
- 2 eggs

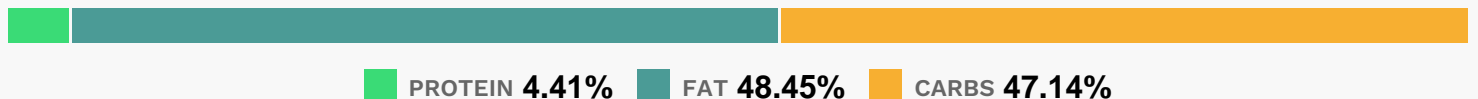
Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- hand mixer
- aluminum foil

Directions

- Heat oven to 400°F. Line cookie sheet with foil.
- Place sweet potatoes on cookie sheet. Roast 1 hour or until tender.
- Cut potatoes in half. Scoop out pulp into medium bowl; discard skins. Reduce oven temperature to 350°F.
- Place pie crust in 9-inch deep-dish pie plate as directed on box for One-Crust Filled Pie. Beat sweet potato pulp with electric mixer on medium speed until creamy.
- Add remaining ingredients; beat 1 minute or until well blended.
- Pour filling into crust-lined plate.
- Bake 1 hour 15 minutes or until knife inserted near center comes out clean. Cool for 1 hour on cooling rack; cover loosely and refrigerate before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:17.2, Inflammation Score:-10, Nutrition Score:13.338695577953%

Flavonoids

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

Nutrients (% of daily need)

Calories: 579.52kcal (28.98%), Fat: 31.08g (47.81%), Saturated Fat: 15.18g (94.89%), Carbohydrates: 68.02g (22.67%), Net Carbohydrates: 64.12g (23.32%), Sugar: 29.89g (33.21%), Cholesterol: 88.23mg (29.41%), Sodium: 438.72mg (19.07%), Alcohol: 1.25g (100%), Alcohol %: 0.77% (100%), Protein: 6.37g (12.74%), Vitamin A: 12699.45IU (253.99%), Manganese: 0.48mg (23.96%), Fiber: 3.89g (15.57%), Vitamin B1: 0.21mg (14.17%), Vitamin B2: 0.22mg (13.09%), Folate: 50.76µg (12.69%), Iron: 2.15mg (11.94%), Vitamin B6: 0.23mg (11.66%), Vitamin B5: 1.12mg (11.24%), Phosphorus: 110.81mg (11.08%), Potassium: 387.4mg (11.07%), Selenium: 7.57µg (10.81%), Vitamin B3: 1.87mg (9.33%), Copper: 0.19mg (9.27%), Magnesium: 32.95mg (8.24%), Vitamin E: 1.04mg (6.9%), Calcium: 67.46mg (6.75%), Vitamin K: 6.72µg (6.4%), Zinc: 0.68mg (4.55%), Vitamin D: 0.46µg (3.05%), Vitamin C: 2.14mg (2.59%), Vitamin B12: 0.15µg (2.43%)