



Roasted Sweet Potato Pie

READY IN



385 min.

SERVINGS



8

CALORIES



448 kcal

DESSERT

Ingredients

- 2 tablespoons bourbon
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 2 eggs
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 pie crust dough refrigerated softened
- 0.3 teaspoon salt

- 1.5 lb sweet potatoes and into (2 medium-large)
- 0.5 cup whipping cream

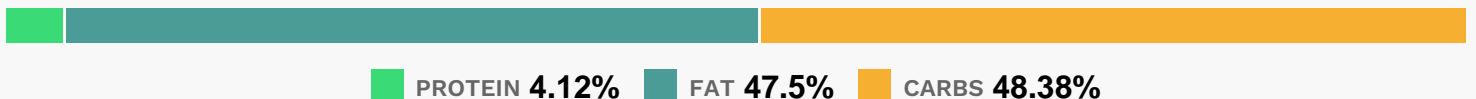
Equipment

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

Directions

- Heat oven to 400F. 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 350F.
- 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 completely on cooling rack, about 4 hours. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:17.2, Inflammation Score:-10, Nutrition Score:11.427826041761%

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: 448.29kcal (22.41%), Fat: 23.59g (36.29%), Saturated Fat: 12.84g (80.25%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 50.88g (18.5%), Sugar: 29.89g (33.21%), Cholesterol: 88.23mg (29.41%), Sodium: 321.27mg (13.97%), Alcohol: 1.25g (100%), Alcohol %: 0.9% (100%), Protein: 4.6g (9.2%), Vitamin A: 12699.16IU (253.98%), Manganese: 0.35mg (17.61%), Fiber: 3.18g (12.7%), Vitamin B6: 0.22mg (10.94%), Potassium: 359.55mg (10.27%), Vitamin B2: 0.17mg (10.22%), Vitamin B5: 1.01mg (10.07%), Phosphorus: 90.13mg (9.01%), Vitamin B1: 0.13mg (8.9%), Selenium: 5.93µg (8.48%), Copper: 0.16mg (8.19%), Iron: 1.4mg (7.79%), Folate: 30.66µg (7.67%), Magnesium: 28.64mg (7.16%), Calcium: 62mg (6.2%), Vitamin E: 0.9mg (6.02%), Vitamin B3: 1.09mg (5.45%), Vitamin K: 4.62µg (4.4%), Zinc: 0.55mg (3.69%), Vitamin D: 0.46µg (3.05%), Vitamin C: 2.14mg (2.59%), Vitamin B12: 0.15µg (2.43%)