



Silky Sweet Potato and Pecan Pie

READY IN



130 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 3 large egg whites divided
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.3 cup pecans toasted chopped
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 1 pound sweet potatoes and into
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 1 teaspoon water

Equipment

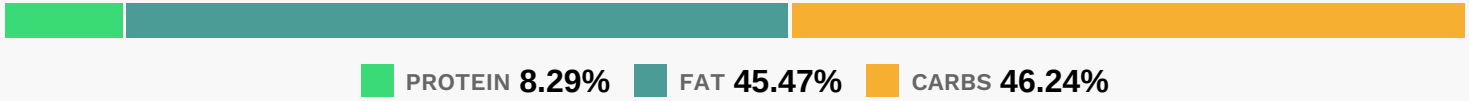
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Wrap sweet potato in foil; bake at 400 for 45 minutes or until tender. Cool completely. Peel and coarsely chop sweet potato.
- ☐ Fit dough into a 9-inch pie plate coated with baking spray. Press dough against bottom and sides of pan. Fold edges under, and flute decoratively. Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- ☐ Bake at 400 for 15 minutes.
- ☐ Remove pie weights and foil; cool crust on wire rack 5 minutes.
- ☐ Reduce oven temperature to 350
- ☐ Place sweet potato, milk, and next 5 ingredients (through whole eggs) in a food processor.
- ☐ Add 2 egg whites; process until smooth.
- ☐ Add butter; process until combined.
- ☐ Pour mixture into crust.
- ☐ Sprinkle nuts around edge of filling.
- ☐ Combine remaining egg white and 1 teaspoon water in a small bowl, stirring well with a whisk.

- ☐
- Brush egg mixture on edges of crust.
- ☐
- Bake at 350 for 45 minutes or until almost set in the center, shielding edges of piecrust with foil, if necessary. Cool completely on a wire rack before slicing.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:11.48, Inflammation Score:-10, Nutrition Score:13.742173868677%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 399.09kcal (19.95%), Fat: 20.29g (31.21%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 42.94g (15.62%), Sugar: 12.5g (13.89%), Cholesterol: 54.5mg (18.17%), Sodium: 360.89mg (15.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.63%), Vitamin A: 8211.17IU (164.22%), Manganese: 0.61mg (30.33%), Vitamin B2: 0.29mg (17.3%), Vitamin B1: 0.23mg (15.26%), Selenium: 10.49µg (14.99%), Fiber: 3.48g (13.92%), Phosphorus: 129.8mg (12.98%), Folate: 50.19µg (12.55%), Iron: 2.02mg (11.22%), Vitamin B5: 1.02mg (10.19%), Potassium: 339.54mg (9.7%), Copper: 0.19mg (9.67%), Vitamin B6: 0.19mg (9.33%), Vitamin B3: 1.77mg (8.87%), Magnesium: 33.58mg (8.39%), Calcium: 75.8mg (7.58%), Zinc: 0.91mg (6.09%), Vitamin K: 5.15µg (4.9%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.64mg (4.3%), Vitamin D: 0.29µg (1.93%), Vitamin C: 1.52mg (1.85%)