



Sliced Sweet Potato Pie

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 strips orange peel (4- x 1-inch)
- ☐ 1 teaspoon orange zest loosely packed
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 14.1 oz piecrusts refrigerated
- ☐ 8 servings streusel topping

- ☐ 2.5 pounds slender sweet potatoes peeled cut into 1/8-inch to 1/4-inch rounds
- ☐ 0.5 teaspoon salt

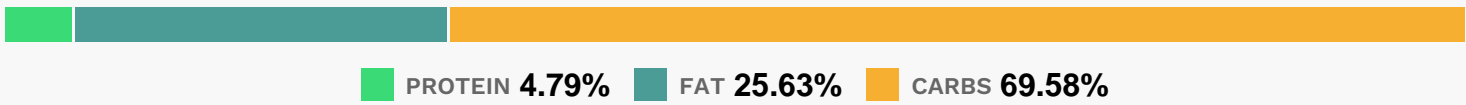
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Preheat oven to 37
- ☐ Fit piecrust into a 9-inch deep-dish pie plate; fold edges under, and crimp. Bring potatoes, next 2 ingredients, and 1 cup water to a boil in a Dutch oven. Cover, reduce heat to medium, and simmer 6 minutes or until potatoes are just tender.
- ☐ Transfer potatoes to a large colander, reserving cooking liquid. Rinse potatoes with cold water.
- ☐ Transfer cooking liquid and orange peel strips to a small saucepan, and bring to a boil over medium-high heat. Reduce heat to medium, and simmer, stirring occasionally, 10 to 12 minutes or until reduced to 1/4 cup. Reserve 2 Tbsp. potato-orange liquid; discard remaining liquid.
- ☐ Transfer potatoes to a bowl; toss with brown sugar, next 4 ingredients, and reserved 2 Tbsp. potato-orange liquid. Spoon into crust; sprinkle with streusel.
- ☐ Bake at 375 for 1 hour and 5 minutes to 1 hour and 15 minutes, shielding with aluminum foil after 30 minutes to prevent excessive browning. Cool completely.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:23.84, Inflammation Score:-10, Nutrition Score:14.77260866413%

Flavonoids

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 463.14kcal (23.16%), Fat: 13.31g (20.47%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 75.58g (27.48%), Sugar: 32.13g (35.7%), Cholesterol: 0.01mg (0%), Sodium: 435.41mg (18.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin A: 20113.66IU (402.27%), Manganese: 0.69mg (34.6%), Fiber: 5.71g (22.83%), Vitamin B1: 0.26mg (17.62%), Vitamin B6: 0.33mg (16.54%), Potassium: 553.95mg (15.83%), Iron: 2.47mg (13.73%), Vitamin B5: 1.37mg (13.66%), Folate: 54.45µg (13.61%), Copper: 0.27mg (13.4%), Magnesium: 45.86mg (11.46%), Vitamin B3: 2.28mg (11.41%), Vitamin B2: 0.19mg (10.89%), Phosphorus: 106.84mg (10.68%), Calcium: 68.63mg (6.86%), Selenium: 4.65µg (6.64%), Vitamin K: 6.37µg (6.07%), Vitamin C: 4.2mg (5.09%), Zinc: 0.69mg (4.6%), Vitamin E: 0.64mg (4.24%)