



Sweet Potato-Bourbon Tart

READY IN



45 min.

SERVINGS



10

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 0.8 cup brown sugar packed
- ☐ 4 teaspoons cream cheese fat-free block-style
- ☐ 1 large eggs
- ☐ 1 large egg white lightly beaten
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons butter
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2.3 pounds sweet potatoes
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 2 teaspoons water

Equipment

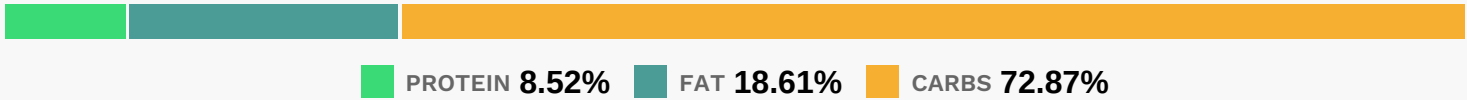
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a medium bowl; beat at medium speed of a mixer until light and creamy.
- ☐ Add vanilla and 1 egg; beat well. Gradually add flour, beating at low speed until moist. Press mixture gently into a 5-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Chill 1 hour.
- ☐ While dough chills, bake sweet potatoes.
- ☐ Bake at 400 for 55 minutes or until very tender. Cool. Reduce oven temperature to 35
- ☐ Peel potatoes; place potato pulp, brown sugar, and next 8 ingredients (brown sugar through eggs) in a large bowl. Beat at medium speed of a mixer until smooth; set aside.
- ☐ Roll dough, still covered, into an 11-inch circle.

- ☐ Remove 1 sheet of plastic wrap, and fit dough into a 9-inch tart pan coated with cooking spray.
- ☐ Remove top sheet of plastic wrap. Spoon potato mixture into prepared crust.
- ☐ Combine 2 teaspoons water and egg white, and brush edges of dough with egg white mixture.
- ☐ Sprinkle potato mixture with chopped pecans.
- ☐ Bake tart at 350 for 1 hour or until puffy and set. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:20.46, Inflammation Score:-10, Nutrition Score:13.565217329108%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.88kcal (14.24%), Fat: 5.9g (9.08%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 48.2g (17.53%), Sugar: 23.17g (25.75%), Cholesterol: 56.04mg (18.68%), Sodium: 186.46mg (8.11%), Alcohol: 0.41g (100%), Alcohol %: 0.31% (100%), Protein: 6.08g (12.16%), Vitamin A: 14663.35IU (293.27%), Manganese: 0.53mg (26.57%), Selenium: 11.59µg (16.56%), Fiber: 3.82g (15.28%), Vitamin B1: 0.23mg (15.19%), Vitamin B2: 0.23mg (13.76%), Vitamin B6: 0.26mg (13.01%), Potassium: 429.47mg (12.27%), Folate: 48.55µg (12.14%), Vitamin B5: 1.19mg (11.86%), Copper: 0.23mg (11.58%), Phosphorus: 114.5mg (11.45%), Iron: 1.82mg (10.11%), Magnesium: 36.79mg (9.2%), Vitamin B3: 1.57mg (7.85%), Calcium: 66.6mg (6.66%), Zinc: 0.77mg (5.15%), Vitamin E: 0.56mg (3.73%), Vitamin C: 2.51mg (3.04%), Vitamin B12: 0.16µg (2.63%), Vitamin D: 0.3µg (2%), Vitamin K: 2.06µg (1.96%)