



Sweet Potato-Buttermilk Pie

READY IN



136 min.

SERVINGS



6

CALORIES



634 kcal

DESSERT

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 3 large eggs separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg freshly grated
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 15 oz piecrusts refrigerated
- ☐ 0.5 cup sugar

- ☐ 1.5 lb sweet potatoes
- ☐ 4 tablespoons butter unsalted melted
- ☐ 6 servings toppings: whipped cream

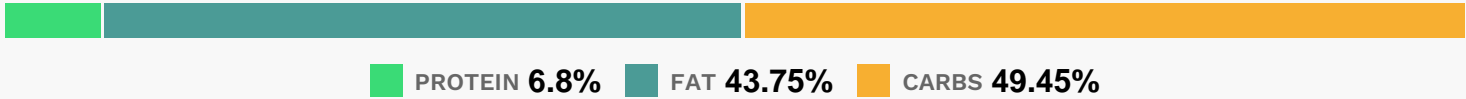
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Bake potatoes at 400 for 1 hour or until tender; cool 10 minutes. Increase oven temperature to 45
- ☐ Fit piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp. Prick bottom and sides of piecrust with a fork.
- ☐ Bake at 450 for 9 to 11 minutes or until lightly browned. Reduce oven temperature to 37
- ☐ Cut potatoes in half lengthwise. Scoop out pulp into a medium bowl; mash until smooth. Stir in butter and next 4 ingredients until well combined.
- ☐ Whisk egg yolks until thick and pale.
- ☐ Add sugar, and whisk 1 1/2 minutes or until lemon-yellow color. Stir egg yolk mixture into sweet potato mixture until well blended.
- ☐ Add flour, 1 tsp. at a time, stirring until blended after each addition.
- ☐ Add buttermilk, and stir until combined.
- ☐ Whisk egg whites in a bowl until soft peaks form. Gently fold into sweet potato mixture until blended. Spoon sweet potato mixture into piecrust.
- ☐ Bake at 375 for 35 to 40 minutes or until center is set.
- ☐ Let cool on a wire rack 1 1/2 hours or until completely cool.
- ☐ Serve at room temperature, or cover with plastic wrap, and chill 8 hours.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:60.68, Glycemic Load:25.18, Inflammation Score:-10, Nutrition Score:18.196087007937%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 633.76kcal (31.69%), Fat: 30.96g (47.63%), Saturated Fat: 12.83g (80.18%), Carbohydrates: 78.74g (26.25%), Net Carbohydrates: 73.36g (26.68%), Sugar: 23.6g (26.22%), Cholesterol: 120.93mg (40.31%), Sodium: 614.85mg (26.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.65%), Vitamin A: 16548.3IU (330.97%), Manganese: 0.67mg (33.36%), Vitamin B2: 0.38mg (22.29%), Vitamin B1: 0.33mg (22.11%), Fiber: 5.38g (21.52%), Selenium: 14.64µg (20.92%), Folate: 81.51µg (20.38%), Phosphorus: 190.47mg (19.05%), Iron: 3.13mg (17.42%), Vitamin B5: 1.74mg (17.38%), Vitamin B6: 0.33mg (16.62%), Potassium: 546.46mg (15.61%), Vitamin B3: 2.76mg (13.78%), Copper: 0.26mg (13%), Magnesium: 47.09mg (11.77%), Calcium: 107.22mg (10.72%), Vitamin K: 8.21µg (7.82%), Vitamin E: 1.17mg (7.81%), Zinc: 1.15mg (7.7%), Vitamin D: 1.05µg (7.03%), Vitamin B12: 0.39µg (6.56%), Vitamin C: 4.67mg (5.66%)