



Sweet Potato Pecan Pie with Cinnamon Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



1505 kcal

DESSERT

Ingredients

- ☐ 0.8 cup plus light
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 servings cinnamon ice cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar light

- ☐ 0.5 cup pecans halved
- ☐ 1 cup pecans chopped
- ☐ 1 cup sweet potatoes mashed
- ☐ 9 inch unbaked pie shell frozen
- ☐ 1 tablespoon butter unsalted softened
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 1.5 teaspoons vanilla extract divided
- ☐ 1 tablespoon whipping cream
- ☐ 0.3 plus

Equipment

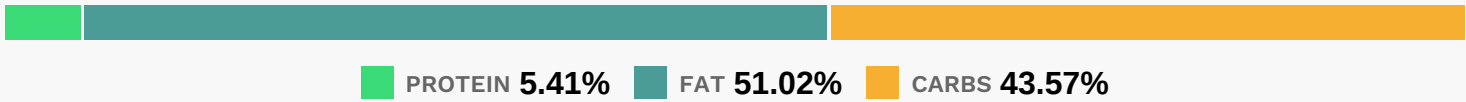
- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Bake pie shell 6 to 8 minutes or until lightly browned; remove from oven. Lower temperature to 35
- ☐ Combine sweet potato and next 4 ingredients in a large bowl.
- ☐ Add 1/2 teaspoon vanilla and next 3 ingredients; stir until smooth and completely combined.
- ☐ Spread in an even layer in bottom of shell.
- ☐ Add chopped pecans evenly over sweet potato mixture.
- ☐ Lay pecan halves flat in a circle around perimeter.
- ☐ Combine granulated sugar and 2 large eggs in a separate bowl; whisk until well blended.
- ☐ Whisk in corn syrup, melted butter, and remaining 1 teaspoon vanilla.
- ☐ Pour mixture slowly over pecan layer. Do not overfill. (You may have excess.)
- ☐ Bake at 350 for 50 to 55 minutes or until pie is puffed, set, and golden brown.
- ☐ Remove and let cool.

Serve with Cinnamon Ice Cream.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:19.99, Inflammation Score:-9, Nutrition Score:27.209999851559%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 1505.27kcal (75.26%), Fat: 85.93g (132.2%), Saturated Fat: 27.47g (171.71%), Carbohydrates: 165.11g (55.04%), Net Carbohydrates: 156.68g (56.97%), Sugar: 49.36g (54.84%), Cholesterol: 132.96mg (44.32%), Sodium: 1096.45mg (47.67%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 20.48g (40.97%), Manganese: 1.91mg (95.41%), Vitamin A: 2915.13IU (58.3%), Vitamin B1: 0.81mg (54.23%), Folate: 179.06µg (44.76%), Vitamin B2: 0.66mg (38.92%), Iron: 6.85mg (38.08%), Fiber: 8.43g (33.73%), Phosphorus: 334.3mg (33.43%), Vitamin B3: 6.48mg (32.42%), Selenium: 21.44µg (30.62%), Copper: 0.45mg (22.4%), Vitamin B5: 1.92mg (19.21%), Zinc: 2.77mg (18.48%), Magnesium: 72.34mg (18.09%), Vitamin K: 18.04µg (17.18%), Calcium: 167.97mg (16.8%), Potassium: 512.58mg (14.65%), Vitamin B6: 0.26mg (12.82%), Vitamin E: 1.9mg (12.66%), Vitamin B12: 0.46µg (7.7%), Vitamin D: 0.71µg (4.71%), Vitamin C: 1.02mg (1.23%)