



Sweet Potato Pie

READY IN



150 min.

SERVINGS



8

CALORIES



746 kcal

DESSERT

Ingredients

- ☐ 8 tablespoons butter unsalted diced cold (1 stick)
- ☐ 0.3 cup plus light
- ☐ 1 large egg white
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup brown sugar light
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 1 cup pecans
- ☐ 0.5 teaspoon salt fine
- ☐ 0.3 cup non-hydrogenated shortening
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 1.5 pounds sweet potatoes
- ☐ 4 tablespoons butter unsalted
- ☐ 1 tablespoon vanilla extract pure
- ☐ 1 cup whipping cream
- ☐ 1 tablespoon irish whiskey
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

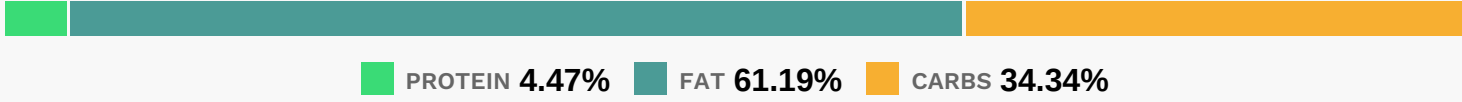
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Special equipment: 9-inch pie plate, glass preferred
- ☐ Filling: Preheat the oven to 425 degrees F.
- ☐ Put the sweet potatoes on a small roasting pan and bake until easily pierced with a fork, about 40 minutes.
- ☐ Meanwhile make the dough: Pulse the flour, sugar, and salt in a food processor with the metal blade until combined.
- ☐ Add the shortening and pulse about 10 times.
- ☐ Add the butter and continue to pulse until it resembles cornmeal mixed with bean-size bits of butter. Beat the egg yolk and vinegar together, add and pulse 3 to 4 times, but don't let the dough form a ball in the machine.
- ☐ Remove the blade, and gather the dough together by hand. If dough does not come together, sprinkle up to 1 tablespoon of ice cold water over the dough and bring together. Wrap dough in plastic wrap and shape into disk. Refrigerate at least 1 hour or up to 2 days. (To make the dough by hand, see below.)
- ☐ Peel the cooked sweet potatoes and mash lightly with a fork; you should have about 2 cups puree.
- ☐ Mix the sweet potatoes and butter in the food processor until smooth.
- ☐ Add the remaining ingredients and pulse to combine. Set aside.
- ☐ Lightly dust the counter with flour.
- ☐ Roll the dough into an 11 to 12-inch circle and transfer to the pie pan. Trim the dough so that the edges hang about 1/2 inch over the pan; fold edges under and flute as desired. (See how to). Pierce the crust all over with a fork, and refrigerate for at least 20 minutes or up to a day.
- ☐ Position a rack in the lower third of the oven of the 425 degree F oven. Line the crust with foil or parchment paper and pie weights or dried beans and place on a baking sheet.
- ☐ Bake until the crust sets and begins to brown around edges, about 25 minutes. Lift foil and weights out of crust, lower oven temperature to 375 degrees F. and continue to bake until crust begins to brown on the bottom, about 10 to 12 minutes more.
- ☐ Pour filling into the warm crust and bake until set, about 20 minutes.
- ☐ Remove from the oven and cool on rack
- ☐ When ready to serve, whip the cream with the whiskey until it holds soft peaks. Top pie with whipped cream and candied pecans.
- ☐ Serve.

- ☐
- Heat oven to 350 degrees F. Lightly beat the egg white until frothy.
- ☐
- Whisk in the sugar and cinnamon, and then toss pecans in the mixture. Evenly spread nuts on a parchment-lined baking sheet.
- ☐
- Bake until dry and toasted, about 10 to 15 minutes. Cool.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:26.09, Inflammation Score:-10, Nutrition Score:18.030869546144%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 745.82kcal (37.29%), Fat: 51.43g (79.12%), Saturated Fat: 24.15g (150.96%), Carbohydrates: 64.96g (21.65%), Net Carbohydrates: 60.46g (21.99%), Sugar: 34.79g (38.65%), Cholesterol: 165.03mg (55.01%), Sodium: 243.67mg (10.59%), Alcohol: 1.19g (100%), Alcohol %: 0.61% (100%), Protein: 8.45g (16.89%), Vitamin A: 13353.39IU (267.07%), Manganese: 1.04mg (51.93%), Vitamin B1: 0.34mg (22.45%), Selenium: 15.38µg (21.97%), Vitamin B2: 0.35mg (20.41%), Fiber: 4.49g (17.97%), Copper: 0.35mg (17.51%), Phosphorus: 164.62mg (16.46%), Folate: 59.89µg (14.97%), Vitamin B5: 1.35mg (13.47%), Vitamin B6: 0.27mg (13.36%), Potassium: 460.82mg (13.17%), Vitamin E: 1.9mg (12.7%), Iron: 2.24mg (12.47%), Magnesium: 49.65mg (12.41%), Calcium: 97.54mg (9.75%), Zinc: 1.41mg (9.39%), Vitamin B3: 1.87mg (9.35%), Vitamin D: 1.39µg (9.29%), Vitamin K: 8.48µg (8.08%), Vitamin B12: 0.26µg (4.39%), Vitamin C: 2.65mg (3.21%)