



Sweet Potato Pie Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 4 cups whipped cream low-fat
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 1.5 cups sweet potatoes cooled cooked mashed

Equipment

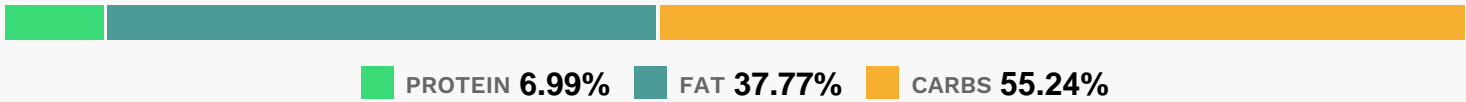
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Place a large bowl in freezer.
- ☐ Let ice cream stand at room temperature 45 minutes or until softened.
- ☐ Preheat oven to 45
- ☐ Cut pie dough round in half.
- ☐ Place half of dough on a baking sheet coated with cooking spray; reserve remaining dough for another use.
- ☐ Bake dough at 450 for 10 minutes or until lightly browned. Cool completely on a wire rack. Break crust into small pieces.
- ☐ Place sweet potatoes, sugar, and spice in a bowl; mash with a fork until well blended. With a rubber spatula or stand mixer, combine sweet potato mixture, piecrust pieces, and softened ice cream in chilled bowl. Cover and freeze to desired consistency.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:10.47, Inflammation Score:-9, Nutrition Score:10.973043623178%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 418.69kcal (20.93%), Fat: 17.56g (27.01%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 55.46g (20.17%), Sugar: 22.21g (24.68%), Cholesterol: 20.52mg (6.84%), Sodium: 288.69mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Vitamin A: 3879.22IU (77.58%), Vitamin B2: 0.3mg (17.62%), Manganese: 0.33mg (16.29%), Calcium: 144.53mg (14.45%), Vitamin B1: 0.21mg (13.74%), Phosphorus: 128.6mg (12.86%), Folate: 44.59µg (11.15%), Iron: 1.74mg (9.64%), Fiber: 2.32g (9.29%), Potassium: 300.49mg (8.59%), Vitamin B3: 1.69mg (8.43%), Vitamin B5: 0.79mg (7.86%), Selenium: 4.77µg (6.81%),

Magnesium: 25.42mg (6.36%), Vitamin B12: 0.36µg (5.95%), Zinc: 0.87mg (5.82%), Vitamin B6: 0.12mg (5.76%),
Copper: 0.09mg (4.66%), Vitamin K: 4.67µg (4.45%), Vitamin E: 0.4mg (2.69%), Vitamin C: 1.54mg (1.87%)