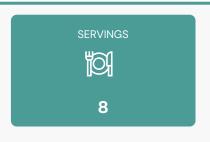


# **Sweet Potato Pie with Cornmeal Pastry**







DESSERT

## Ingredients

0.7 cup flour all-purpose
0.3 cup cornmeal
0.3 teaspoon salt
0.3 cup shortening
2 tablespoons water col-

2	eggs
_	2000

2 cups sweet potatoes and into cooked mashed

O.8 cup granulated sugar

1.7 cups evaporated milk

	1 teaspoon ground cinnamon
	0.5 teaspoon salt
	0.5 teaspoon ground ginger
	0.3 teaspoon ground cloves
	1 serving garnish: whipped cream sweetened
	0.3 cup brown sugar packed
	0.3 cup pecans chopped
	1 tablespoon butter softened
	0.5 teaspoon ground cinnamon
Eq	uipment
	bowl
	oven
	knife
	wire rack
	blender
	plastic wrap
	rolling pin
Diı	rections
	In medium bowl, mix flour, cornmeal and 1/4 teaspoon salt.
	Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
	Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).
	Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.

Nutrition Facts				
	Serve with whipped cream.			
	Place pie on cooling rack. Cool completely, about 2 hours.			
	Bake about 10 minutes longer or until knife inserted in center comes out clean.			
	Sprinkle streusel over pie.			
	In small bowl, mix all streusel ingredients until crumbly.			
	Bake 35 minutes longer.			
	Bake 15 minutes. Reduce oven temperature to 350°F.			
	Pour into pastry-lined pie plate.			
	In medium bowl, beat eggs slightly. Stir in remaining filling ingredients except whipped cream.			
	inch from rim of plate. Fold and roll pastry under, even with plate; flute as desired.			
	down 9-inch deep-dish glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1/2			
	Heat oven to 425°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-			

### **Properties**

Glycemic Index:43.32, Glycemic Load:25.1, Inflammation Score:-10, Nutrition Score:13.615217483562%

#### **Flavonoids**

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

PROTEIN 7.41% FAT 41.04% CARBS 51.55%

#### Nutrients (% of daily need)

Calories: 408.49kcal (20.42%), Fat: 18.99g (29.21%), Saturated Fat: 5.66g (35.41%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 51.08g (18.58%), Sugar: 34.69g (38.55%), Cholesterol: 56.72mg (18.9%), Sodium: 328.13mg (14.27%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.71g (15.42%), Vitamin A: 4973.58IU (99.47%), Manganese: 0.56mg (28.09%), Phosphorus: 184.67mg (18.47%), Vitamin B2: 0.31mg (17.95%), Calcium: 172.01mg (17.2%), Selenium: 9.2µg (13.15%), Vitamin B1: 0.19mg (12.6%), Fiber: 2.58g (10.3%), Potassium: 355.76mg

(10.16%), Vitamin B5: 0.97mg (9.7%), Magnesium: 38.77mg (9.69%), Folate: 35.53µg (8.88%), Vitamin B6: 0.17mg (8.68%), Copper: 0.16mg (8.03%), Iron: 1.44mg (7.99%), Zinc: 1.15mg (7.67%), Vitamin E: 0.98mg (6.51%), Vitamin B3: 1.16mg (5.78%), Vitamin K: 5.91µg (5.63%), Vitamin B12: 0.19µg (3.1%), Vitamin C: 1.86mg (2.26%), Vitamin D: 0.28µg (1.84%)