



Sweet Potato Pie with Cornmeal Pastry

READY IN



255 min.

SERVINGS



8

CALORIES



408 kcal

DESSERT

Ingredients

- 0.7 cup flour all-purpose
- 0.3 cup cornmeal
- 0.3 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold
- 2 eggs
- 2 cups sweet potatoes and into cooked mashed
- 0.8 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

Equipment

- bowl
- oven
- knife
- wire rack
- blender
- plastic wrap
- rolling pin

Directions

- 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.

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

Nutrition Facts

■ PROTEIN **7.41%** ■ FAT **41.04%** ■ CARBS **51.55%**

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 Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 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, 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

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 %: 0% (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%)