



Sweet Potato Pie with Crunchy Cranberry Topping

READY IN



205 min.

SERVINGS



8

CALORIES



594 kcal

DESSERT

Ingredients

- ☐ 2.3 ounce amaretto cookies such as amaretti di saronno (12)
- ☐ 8 ounce cranberries frozen
- ☐ 1 egg white lightly beaten
- ☐ 3 eggs
- ☐ 1.3 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons ice water plus more if needed

- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 cup pecans
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 pounds sweet potatoes for 1 1/2 cups puree
- ☐ 0.3 cup butter unsalted ()
- ☐ 0.5 cup butter unsalted cold cut into small chunks (1 stick)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ pie form

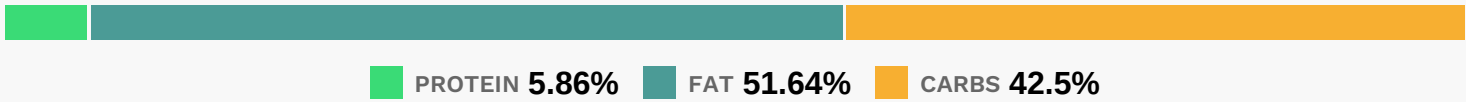
Directions

- ☐ Heat the oven to 375 degrees F.
- ☐ Prick the sweet potatoes with a fork and bake them until they are soft, about 1 hour.
- ☐ Remove from the oven and set aside until they are cool enough to handle.

- ☐ While the potatoes are cooking make the pastry: combine the flour, sugar, and salt in a large mixing bowl.
- ☐ Add the butter and mix with a pastry blender or your hands until the mixture resembles coarse crumbs.
- ☐ Pour in the ice water and work it in to bind the dough until it holds together without being too wet or sticky. Squeeze a small amount together, if it is crumbly, add more ice water, 1 teaspoon at a time. Form the dough into a ball, wrap it in plastic wrap, and refrigerate it for at least 30 minutes.
- ☐ Sprinkle the counter and a rolling pin lightly with flour.
- ☐ Roll the dough out into a 10-inch circle. Carefully roll the dough up onto the pin and lay it inside a 9-inch pie pan. Press the dough firmly into the bottom and sides so it fits tightly. Trim the excess dough around the rim and pinch the edges to form a border.
- ☐ Place a piece of parchment paper over the crust and fill with uncooked beans or pie weights.
- ☐ Bake the pie crust until it sets, about 20 minutes.
- ☐ Remove the parchment and beans.
- ☐ Brush the bottom with the beaten egg white and set aside.
- ☐ While the crust is cooking make the filling: When cool enough to handle, peel the sweet potatoes and puree the pulp in a food processor with 1/2 stick butter and a pinch of salt. Measure 1 1/2 cups puree into a bowl. In another bowl beat the eggs and sugar until the sugar has melted.
- ☐ Add the eggs to the sweet potato puree and whisk well.
- ☐ Add the cream, orange zest, cinnamon, and nutmeg and stir well to combine.
- ☐ Pour the mixture into the pie shell.
- ☐ Place the pie pan on a sturdy cookie sheet to catch any spills. Lower the oven temperature to 325 degrees F and bake until the pie is set but still jiggles slightly, about 40 minutes.
- ☐ Remove from the oven and allow it to cool.
- ☐ Meanwhile, put the pecans on a baking sheet and bake them with the pie for about 10 minutes to toast them.
- ☐ Remove them from the oven and let them cool. Thaw the cranberries in a strainer set over a bowl to catch the liquid.
- ☐ Put the cookies, pecans, and cranberries into a food processor and pulse them a few times until they are coarsely chopped.

Sprinkle the topping evenly over the cooled pie and serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.4, Glycemic Load:32.94, Inflammation Score:-10, Nutrition Score:17.720869520436%

Flavonoids

Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 593.83kcal (29.69%), Fat: 34.84g (53.6%), Saturated Fat: 18.81g (117.58%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 58.44g (21.25%), Sugar: 27.22g (30.24%), Cholesterol: 140.75mg (46.92%), Sodium: 131.42mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.79%), Vitamin A: 17170.52IU (343.41%), Manganese: 0.86mg (43.02%), Fiber: 6.07g (24.27%), Selenium: 14.59µg (20.84%), Vitamin B1: 0.3mg (20.08%), Vitamin B2: 0.34mg (19.88%), Vitamin B6: 0.32mg (15.8%), Copper: 0.31mg (15.67%), Phosphorus: 150.83mg (15.08%), Folate: 59.93µg (14.98%), Vitamin B5: 1.49mg (14.94%), Potassium: 516.74mg (14.76%), Iron: 2.29mg (12.7%), Magnesium: 47.32mg (11.83%), Vitamin E: 1.72mg (11.44%), Vitamin B3: 1.94mg (9.71%), Vitamin C: 7.97mg (9.66%), Calcium: 81.99mg (8.2%), Vitamin D: 1.13µg (7.5%), Zinc: 1.1mg (7.32%), Vitamin K: 6.3µg (6%), Vitamin B12: 0.23µg (3.9%)