



Sweet-Potato Pie with Gingersnap Pecan Crust

READY IN



4500 min.

SERVINGS



8

CALORIES



412 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 1 tablespoon rum dark
- ☐ 3 large eggs
- ☐ 1 cup gingersnaps crushed finely (5 ounces; 20 2-inch cookies)
- ☐ 8 servings accompaniment: lightly whipped cream sweetened toasted
- ☐ 2 ounces pecans toasted finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 lb sweet potatoes and into (4 medium)

- ☐ 5 tablespoons butter unsalted melted for buttering pie plate
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 0.7 cup milk whole

Equipment

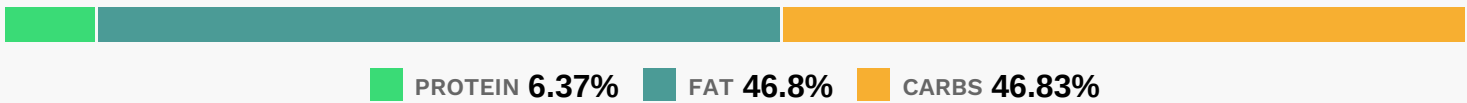
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter and flour pie plate, knocking out excess flour.
- ☐ Toss together all crust ingredients in a bowl with a fork until crumbs are moistened, then press evenly over bottom and up side of pie plate.
- ☐ Bake crust 6 minutes, then cool on a rack.
- ☐ Increase oven temperature to 400°F.
- ☐ Prick each sweet potato once with a fork. Roast in a foil-lined shallow baking pan until tender, about 1 hour.
- ☐ Remove from oven and reduce oven temperature to 375°F. Halve potatoes lengthwise and cool.
- ☐ While potatoes cool, cook sugar in a dry 8-inch heavy skillet over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar melts into a deep golden caramel.
- ☐ Remove from heat. Carefully pour water down side of skillet (mixture will bubble and steam vigorously), then return to heat and simmer, stirring, until hardened caramel is completely dissolved.

- ☐ Remove from heat.
- ☐ When potatoes are cool enough to handle, peel, then cut away any eyes or dark spots. Purée potatoes in a food processor until smooth, then add eggs, cinnamon, and salt and blend until smooth.
- ☐ Add milk, caramel, rum, and vanilla, and blend until combined well.
- ☐ Pour filling into crust.
- ☐ Bake until filling 2 inches from edge is slightly puffed and center trembles slightly when gently shaken, 40 to 50 minutes (top may crack; filling will continue to set as it cools). If the crust begins to brown too much before the filling is done, crimp a ring of foil or use a pie shield to protect it. Cool pie on rack about 1 hour.
- ☐ Serve warm or at room temperature.
- ☐ •Crust can be made 2 days ahead and cooled completely, then kept, covered with plastic wrap, at room temperature. •Sweet potatoes can be baked 1 day ahead and chilled, covered. Bring to room temperature before peeling.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:20.38, Inflammation Score:-10, Nutrition Score:15.310434724974%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 412.24kcal (20.61%), Fat: 21.67g (33.33%), Saturated Fat: 9.71g (60.72%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 44.33g (16.12%), Sugar: 22.47g (24.97%), Cholesterol: 111.55mg (37.18%), Sodium: 255.12mg (11.09%), Alcohol: 0.71g (100%), Alcohol %: 0.41% (100%), Protein: 6.63g (13.26%), Vitamin A: 16662.76IU (333.26%),

Manganese: 0.86mg (43.05%), Fiber: 4.46g (17.84%), Copper: 0.32mg (15.9%), Vitamin B6: 0.31mg (15.53%), Potassium: 519.77mg (14.85%), Phosphorus: 144.58mg (14.46%), Vitamin B2: 0.24mg (14.07%), Vitamin B5: 1.4mg (13.95%), Magnesium: 48.92mg (12.23%), Vitamin B1: 0.18mg (12.2%), Iron: 2.12mg (11.8%), Selenium: 7.98µg (11.4%), Calcium: 99.71mg (9.97%), Folate: 35.4µg (8.85%), Zinc: 1.08mg (7.19%), Vitamin E: 0.94mg (6.29%), Vitamin B3: 1.21mg (6.07%), Vitamin D: 0.73µg (4.87%), Vitamin B12: 0.29µg (4.86%), Vitamin C: 2.89mg (3.51%), Vitamin K: 3.41µg (3.25%)