



## Sweet Potato Pie with Marshmallow Meringue

READY IN



150 min.

SERVINGS



10

CALORIES



486 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 egg whites
- ☐ 1 egg yolk lightly beaten
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup half-and-half
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 3 cups lightly packed cooked mashed ()

- ☐ 7 oz marshmallow crème
- ☐ 14.1 oz piecrusts refrigerated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon whipping cream

## Equipment

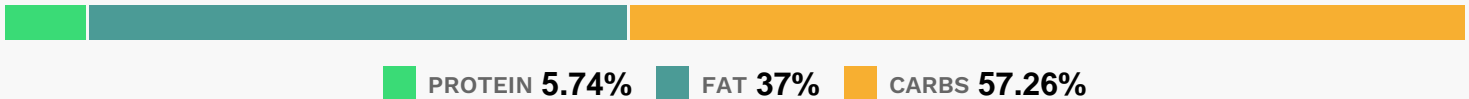
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ stand mixer

## Directions

- ☐ Prepare crust: Preheat oven to 42
- ☐ Roll piecrust into a 13-inch circle on a lightly floured surface. Fit into a 9-inch pie plate; fold edges under, and crimp. Prick bottom and sides with a fork. Line piecrust with parchment paper; fill with pie weights or dried beans.
- ☐ Bake 9 minutes.
- ☐ Remove weights and parchment paper.
- ☐ Whisk together egg yolk and cream; brush bottom and sides of crust with yolk mixture.
- ☐ Bake 6 to 8 more minutes or until crust is golden.
- ☐ Transfer to a wire rack, and cool. Reduce oven temperature to 35

- ☐ Prepare filling: Stir together melted butter, 1 cup sugar, and next 2 ingredients in a large bowl until mixture is well blended.
- ☐ Add sweet potatoes and next 4 ingredients; stir until mixture is well blended.
- ☐ Pour sweet potato mixture into prepared piecrust. (Pie will be very full.)
- ☐ Bake at 350 for 50 to 55 minutes or until a knife inserted in center comes out clean, shielding with aluminum foil to prevent excessive browning.
- ☐ Transfer pie to wire rack, and cool completely (about 1 hour).
- ☐ Prepare meringue: Beat egg whites and next 2 ingredients at high speed with a heavy-duty electric stand mixer until foamy. Gradually add sugar, 1 Tbsp. at a time, beating until stiff peaks form.
- ☐ Beat one-fourth of marshmallow crme into egg white mixture; repeat 3 times with remaining marshmallow crme, beating until smooth (about 1 minute).
- ☐ Spread over pie.
- ☐ Bake at 400 for 6 to 7 minutes or until meringue is lightly browned.
- ☐ Note: Pie can be made up to a day ahead. Prepare recipe as directed through Step 4; cover and chill up to 24 hours. Proceed as directed in Steps 5 through

## Nutrition Facts



## Properties

Glycemic Index:31.82, Glycemic Load:21.43, Inflammation Score:-10, Nutrition Score:11.692173926727%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 485.89kcal (24.29%), Fat: 20.4g (31.38%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 71.01g (23.67%), Net Carbohydrates: 68.73g (24.99%), Sugar: 40.18g (44.64%), Cholesterol: 97.61mg (32.54%), Sodium: 361.76mg (15.73%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 7.12g (14.24%), Vitamin A: 6018.13IU (120.36%),

Vitamin B2: 0.27mg (15.75%), Selenium: 10.97µg (15.67%), Manganese: 0.29mg (14.49%), Phosphorus: 111.38mg (11.14%), Folate: 44.38µg (11.1%), Vitamin B1: 0.16mg (10.67%), Fiber: 2.28g (9.14%), Iron: 1.64mg (9.11%), Vitamin B5: 0.87mg (8.7%), Vitamin B6: 0.15mg (7.58%), Potassium: 251.88mg (7.2%), Vitamin B3: 1.36mg (6.8%), Calcium: 60.65mg (6.07%), Copper: 0.11mg (5.53%), Magnesium: 21.97mg (5.49%), Vitamin E: 0.71mg (4.71%), Vitamin C: 3.7mg (4.49%), Zinc: 0.65mg (4.32%), Vitamin K: 4.45µg (4.24%), Vitamin B12: 0.23µg (3.91%), Vitamin D: 0.42µg (2.81%)