



## Sweet Potato Pie with Pecan Topping



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

### Ingredients

- ☐ 3 Tbsp butter
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup heavy cream
- ☐ 3 Tbsp maple syrup
- ☐ 1 cup pecans whole chopped
- ☐ 0.3 teaspoon salt

- ☐ 1.5 lbs sweet potatoes peeled cut into 2 inch pieces
- ☐ 0.3 cup plus another packed

## Equipment

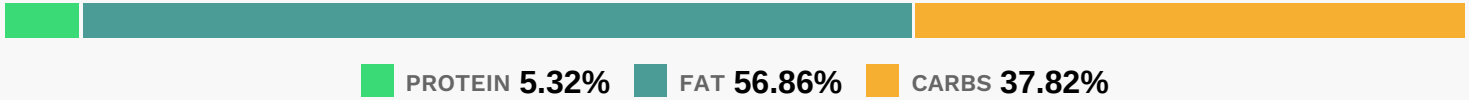
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Make the pie crust. (See pie crust recipe for instructions on pre-baking a pie crust.) If you use a store-bought frozen crust, you do not need to pre-bake it, just defrost it 10 minutes and prick the bottom all over with a fork before using.<sup>2</sup> Make the sweet potato purée. In a large saucepan, cover the sweet potato pieces with water and bring to a boil. Simmer for 15 minutes or until the sweet potato pieces are soft when poked with a knife or fork.
- ☐ Drain. Purée in a food processor until smooth. You may need to add back a little liquid (a tablespoon or two of water) to get a smooth consistency.
- ☐ Let cool completely before using.<sup>3</sup> Prepare the pie. Preheat the oven to 375°F.
- ☐ Place rack at bottom of oven. In a large bowl, whisk together the eggs, 1/3 cup brown sugar, and maple syrup until smooth.
- ☐ Add the sweet potato purée, salt, cinnamon, nutmeg, and 3/4 cup of cream.
- ☐ Mix until completely smooth.
- ☐ Pour into cooled crust.<sup>4</sup>
- ☐ Bake the pie.
- ☐ Bake on lowest rack for 50 minutes, until filling has set. You may want to tent the edges of the pie with aluminum foil or a pie crust protector to prevent the pie crust edges from burning. Cool on rack for one hour. Then transfer to refrigerator and chill completely.<sup>5</sup> Make the pecan

- topping. Melt 3 Tbsp butter in a small saucepan over medium heat.
- ☐ Add 1/2 cup of brown sugar and cook, stirring, until smooth, about 3 minutes.
  - ☐ Add 1 Tbsp cream, and mix in.
  - ☐ Add the pecans, mix to coat the pecans with the sugar mixture.
  - ☐ Let cool for 1 minute.
  - ☐ Pour mixture over cooled pie. Use a rubber spatula to spread topping over the top of the pie. Cool until topping has hardened, about 30 minutes.

## Nutrition Facts



### Properties

Glycemic Index:28.69, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:13.779130427734%

### Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 346.29kcal (17.31%), Fat: 22.54g (34.68%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 29.92g (10.88%), Sugar: 18.15g (20.17%), Cholesterol: 83.16mg (27.72%), Sodium: 180.73mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin A: 12601.77IU (252.04%), Manganese: 0.98mg (49.11%), Vitamin B2: 0.26mg (15.54%), Fiber: 3.82g (15.28%), Copper: 0.29mg (14.69%), Vitamin B6: 0.24mg (11.85%), Potassium: 406.92mg (11.63%), Phosphorus: 113.8mg (11.38%), Vitamin B1: 0.16mg (10.86%), Vitamin B5: 1.05mg (10.54%), Magnesium: 42mg (10.5%), Selenium: 5.66µg (8.08%), Calcium: 74.38mg (7.44%), Zinc: 1.09mg (7.3%), Iron: 1.16mg (6.45%), Vitamin E: 0.86mg (5.72%), Folate: 19.15µg (4.79%), Vitamin D: 0.61µg (4.05%), Vitamin B3: 0.66mg (3.32%), Vitamin K: 3.13µg (2.98%), Vitamin C: 2.32mg (2.81%), Vitamin B12: 0.16µg (2.6%)