



Sweet Potato Streusel Pie

READY IN



260 min.

SERVINGS



10

CALORIES



487 kcal

DESSERT

Ingredients

- 2 large eggs lightly beaten
- 1 cup evaporated milk
- 0.8 cup flour all-purpose
- 1.5 cups flour for dusting all-purpose plus more
- 0.8 cup granulated sugar
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 cup hazelnuts chopped

- 0.5 cup brown sugar light packed
- 0.3 teaspoon nutmeg freshly grated
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 cups sweet potato puree canned
- 6 tablespoons butter unsalted cold cut into small pieces
- 6 tablespoons butter unsalted melted
- 2 tablespoons vegetable shortening cold

Equipment

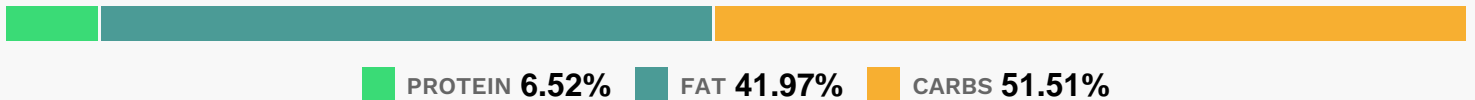
- food processor
- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- aluminum foil

Directions

- Make the crust: Pulse the flour, 2 tablespoons butter, the shortening, granulated sugar and salt in a food processor until it looks like fine meal.
- Add the remaining 4 tablespoons butter and pulse until it is in pea-size pieces.
- Drizzle in 2 to 3 tablespoons cold water and pulse until the dough just comes together. Turn out onto a piece of plastic wrap; use the plastic to help form the dough into a disk. Wrap tightly and refrigerate until firm, at least 1 hour or overnight. (The dough can be frozen for up to 2 months; thaw at room temperature.)
- Roll out the dough into a 13-inch round on a lightly floured surface. Ease into a 9 1/2-inch deep-dish pie plate, fold the overhanging dough under itself and crimp the edge with your fingers. Chill at least 30 minutes.

- Preheat the oven to 350 degrees F. Line the crust with foil and fill with pie weights or dried beans.
- Bake until golden around the edge, about 20 minutes.
- Remove the foil and weights; continue baking until golden all over, 10 to 15 more minutes.
- Transfer to a rack and let cool completely.
- Combine the flour, nuts, brown sugar, butter and salt in a medium bowl; squeeze into clumps, transfer to a plate and freeze until hard, about 30 minutes.
- Meanwhile, make the filling: Gently whisk the sweet potato, evaporated milk, granulated sugar, eggs, cinnamon, ginger and nutmeg in a large bowl.
- Pour into the crust.
- Transfer to a baking sheet and bake 30 minutes. Scatter the topping on the pie and continue baking until the center is almost set but still jiggles slightly, 30 to 45 more minutes.
- Transfer to a rack and let cool completely.
- Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:26.91, Inflammation Score:-10, Nutrition Score:17.172173925068%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 487.12kcal (24.36%), Fat: 23.13g (35.58%), Saturated Fat: 11.09g (69.29%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 60.54g (22.01%), Sugar: 33.4g (37.11%), Cholesterol: 80.63mg (26.88%), Sodium: 241.29mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.17%), Vitamin A: 11298.01IU (225.96%), Manganese: 0.92mg (46.17%), Vitamin B1: 0.34mg (22.45%), Vitamin B2: 0.34mg (19.97%), Selenium: 13.9µg (19.86%), Folate: 69µg (17.25%), Phosphorus: 153.85mg (15.38%), Vitamin C: 11.84mg (14.35%), Vitamin B3: 2.69mg (13.45%), Vitamin E: 2.01mg (13.41%), Fiber: 3.32g (13.28%), Iron: 2.33mg (12.93%), Potassium: 448.43mg

(12.81%), Copper: 0.26mg (12.79%), Vitamin B6: 0.24mg (12.1%), Calcium: 119.38mg (11.94%), Vitamin B5: 1.04mg (10.39%), Magnesium: 40.09mg (10.02%), Zinc: 0.88mg (5.83%), Vitamin K: 5.01µg (4.77%), Vitamin D: 0.48µg (3.18%), Vitamin B12: 0.16µg (2.63%)