



## Sweet Potato Tart with Pecan Crust

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



182 kcal

DESSERT

### Ingredients

- 3.5 tablespoons butter chilled cut into small pieces
- 2 tablespoons cornstarch
- 1.5 teaspoons ginger fresh peeled finely chopped
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.5 cup maple syrup
- 2 tablespoons maple syrup
- 1.5 teaspoons orange zest grated

- 0.3 cup pecans
- 0.1 teaspoon salt
- 0.8 cup silken tofu soft drained
- 1.5 cups sweet potatoes and into cooked mashed
- 0.8 teaspoon vanilla extract
- 1 cup pastry flour whole wheat

## Equipment

- food processor
- frying pan
- sauce pan
- oven
- knife
- wire rack
- plastic wrap
- measuring cup
- tart form

## Directions

- Preheat oven to 35
- To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour, pecans, and salt in a food processor; process until pecans are finely ground.
- Add butter; pulse 4 times or until mixture resembles coarse meal.
- With processor on, slowly add 2 tablespoons syrup through food chute, processing just until combined (do not form a ball).
- Place dough on a lightly floured surface; knead lightly 4 or 5 times (dough will be sticky).
- Place dough in a 9-inch round removable-bottom tart pan lightly coated with cooking spray.
- Place a sheet of plastic wrap over dough; press dough into bottom and up sides of pan. Discard plastic wrap. Pierce bottom and sides of dough with a fork; bake at 350 for 15

minutes or until lightly browned. Cool on a wire rack.

- To prepare filling, combine 1/2 cup syrup and cornstarch.
- Place syrup mixture, sweet potato, and next 6 ingredients (sweet potato through nutmeg) in a food processor; process until smooth, scraping sides. Spoon mixture into prepared crust, spreading evenly.
- Bake at 350 for 50 minutes or until set. Cool on a wire rack.
- Place 1/2 cup syrup in a heavy saucepan; bring to a boil. Cook until reduced to 1/3 cup; remove from heat. Cool and drizzle about 1 1/2 teaspoons over each serving.

## Nutrition Facts

**PROTEIN 6.53%** **FAT 31.72%** **CARBS 61.75%**

### Properties

Glycemic Index:28.1, Glycemic Load:6.95, Inflammation Score:-9, Nutrition Score:9.6282609292994%

### Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

### Nutrients (% of daily need)

Calories: 181.97kcal (9.1%), Fat: 6.56g (10.09%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 26.51g (9.64%), Sugar: 13.31g (14.79%), Cholesterol: 10.53mg (3.51%), Sodium: 74.71mg (3.25%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 3.04g (6.07%), Vitamin A: 2956.66IU (59.13%), Manganese: 1.12mg (56.25%), Vitamin B2: 0.3mg (17.64%), Selenium: 7.73µg (11.04%), Fiber: 2.22g (8.89%), Magnesium: 34.24mg (8.56%), Vitamin B1: 0.12mg (8.26%), Copper: 0.15mg (7.41%), Phosphorus: 71.73mg (7.17%), Potassium: 201.96mg (5.77%), Vitamin B6: 0.1mg (4.95%), Zinc: 0.73mg (4.84%), Iron: 0.8mg (4.46%), Calcium: 41.54mg (4.15%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.26mg (2.61%), Folate: 8.31µg (2.08%), Vitamin E: 0.29mg (1.92%), Vitamin C: 0.93mg (1.13%)