

# Sweet Potato Ice Cream Pie

Susan Bazan - Sequim, WA  
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## Servings: 8

2 cups (about 14 crackers) graham cracker crumbs  
3 tablespoons sugar  
1/2 cup butter, melted  
1 can (15 ounce) sweet potatoes, drained  
1/2 cup packed brown sugar  
2 teaspoons pumpkin pie spice  
1 teaspoon orange peel, grated  
1/4 teaspoon salt  
4 cups vanilla ice cream, softened  
1 cup heavy whipping cream  
3 tablespoons confectioner's sugar  
1 teaspoon vanilla extract

## Preparation Time: 25 minutes

In a small bowl, mix the cracker crumbs and sugar. Stir in the butter. Press onto the bottom and up the sides of a greased nine-inch deep-dish pie plate. Refrigerate for 30 minutes.

Place the sweet potatoes, brown sugar, pie spice, orange peel and salt into a food processor. Process until smooth. Add the ice cream. Process until blended. Spread evenly into the crust.

Freeze, covered, for eight hours or overnight.

Remove from the freezer about 10 minutes before serving.

Meanwhile, in a small bowl, beat the cream until it begins to thicken. Add the confectioner's sugar and vanilla. Beat until soft peaks form. Spread over the pie.

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Per Serving (excluding unknown items): 527 Calories; 32g Fat (53.5% calories from fat); 5g Protein; 58g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 383mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 6 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	527	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	43.0%	Thiamin B1 (mg):	.1mg

<b>% Calories from Protein:</b>	3.6%
<b>Total Fat (g):</b>	32g
<b>Saturated Fat (g):</b>	19g
<b>Monounsaturated Fat (g):</b>	10g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	101mg
<b>Carbohydrate (g):</b>	58g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	383mg
<b>Potassium (mg):</b>	270mg
<b>Calcium (mg):</b>	131mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	5mg
<b>Vitamin A (i.u.):</b>	4403IU
<b>Vitamin A (r.e.):</b>	636RE

<b>Riboflavin B2 (mg):</b>	.3mg
<b>Folacin (mcg):</b>	11mcg
<b>Niacin (mg):</b>	1mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	2
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	6 1/2
<b>Other Carbohydrates:</b>	2 1/2

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### Nutrition Facts

Servings per Recipe: 8

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#### Amount Per Serving

<b>Calories</b> 527	Calories from Fat: 282
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#### % Daily Values\*

<b>Total Fat</b> 32g	49%
Saturated Fat 19g	95%
<b>Cholesterol</b> 101mg	34%
<b>Sodium</b> 383mg	16%
<b>Total Carbohydrates</b> 58g	19%
Dietary Fiber 1g	5%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	88%
<b>Vitamin C</b>	8%
<b>Calcium</b>	13%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.