

Butternut-Sweet Potato Pie

Mary Ann Dell - Phoenixville, PA
Taste of Home Magazine - December 2013

Servings: 8

pastry for a single-crust nine-inch pie

4 eggs

1 1/3 cups half-and-half cream

1 cup mashed cooked butternut squash

1 cup mashed cooked sweet potato

1/2 cup honey

1 tablespoon all-purpose flour

1/2 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

dash ground cloves

whipped cream (optional)

Preparation Time: 15 minutes

Bake: 50 minutes

Preheat the oven to 375 degrees.

On a lightly floured surface, roll the pastry dough to a 1/8-inch-thick circle; transfer to a nine-inch deep-dish pie plate. Trim the pastry to 1/2-inch beyond the rim of the plate. Flute the edge.

In a large bowl, whisk the eggs, cream, squash, sweet potato, honey, flour, salt and spices. Pour into the pastry shell.

Bake for 50 to 60 minutes or until a knife inserted near the center comes out clean. Cover the edge loosely with foil during the last 15 minutes if needed to prevent overbrowning. Cool on a wire rack.

Serve within two hours or refrigerate and serve cold.

If desired, top with whipped cream.

Per Serving (excluding unknown items): 106 Calories; 3g Fat (20.5% calories from fat); 3g Protein; 19g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 169mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

106

Vitamin B6 (mg):

trace

% Calories from Fat:	20.5%
% Calories from Carbohydrates:	67.5%
% Calories from Protein:	12.0%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	19g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	169mg
Potassium (mg):	49mg
Calcium (mg):	19mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	123IU
Vitamin A (r.e.):	35RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 106 Calories from Fat: 22

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 106mg	35%
Sodium 169mg	7%
Total Carbohydrates 19g	6%
Dietary Fiber trace	1%
Protein 3g	
<hr/>	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	4%

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