

Sweet Potato-Pecan Pie

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Servings: 12

3 tablespoons unsalted butter, divided
1 large sweet potato
2 tablespoons sugar
1/4 cup light brown sugar
3/4 teaspoon pumpkin pie spice, divided
1 tablespoon heavy cream
4 teaspoons vanilla extract, divided
1 egg, beaten
1 frozen deep-dish piecrust
3/4 cup sugar
2 eggs, beaten
3/4 cup dark corn syrup
1/4 teaspoon coarse Kosher salt
3/4 cup chopped pecans

Preparation Time: 20 minutes

Preheat the oven to 325 degrees.

Peel the potato and cut into 1/2-inch cubes (two cups). Place in a microwave-safe bowl and cover. Microwave on HIGH for 7 to 8 minutes or until tender when pierced with a fork. Mash with a potato masher.

In a medium bowl, combine the potatoes, one tablespoon of butter, two tablespoons of sugar, the brown sugar, 1/2 teaspoon of pumpkin pie spice, cream, two teaspoons of vanilla and one egg. Beat with a hand mixer on medium speed until smooth. Spread over the bottom of the piecrust.

In a second bowl, combine the remaining butter, 3/4 cup of sugar, two eggs, corn syrup, salt, pecans, remaining pumpkin pie spice and remaining two teaspoons of vanilla. Stir until thoroughly blended. Pour over the sweet potatoes.

Bake for 60 to 65 minutes or until the center is set.

Let stand two hours (or overnight) to cool.

Serve with whipped topping.

Start to Finish Time: 3 hours 30 minutes

Per Serving (excluding unknown items): 239 Calories; 10g Fat (35.1% calories from fat); 2g Protein; 38g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	239	Vitamin B6 (mg):	.1mg
% Calories from Fat:	35.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	61.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	11mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	4
Cholesterol (mg):	62mg	% Refused:	0.0%
Carbohydrate (g):	38g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	53mg	Vegetable:	0
Potassium (mg):	90mg	Fruit:	0
Calcium (mg):	20mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	2
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	2371IU		
Vitamin A (r.e.):	268RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	239	Calories from Fat:	84
% Daily Values*			
Total Fat	10g		15%
Saturated Fat	3g		14%
Cholesterol	62mg		21%
Sodium	53mg		2%
Total Carbohydrates	38g		13%
Dietary Fiber	1g		4%
Protein	2g		
Vitamin A			47%
Vitamin C			4%
Calcium			2%
Iron			3%

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