



Classic Sweet Potato Pie

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 9 inch cream cheese
- ☐ 2 large eggs
- ☐ 1 cup evaporated milk fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 1.3 pounds sweet potatoes and into cooked mashed
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups non-dairy whipped topping frozen thawed reduced-calorie

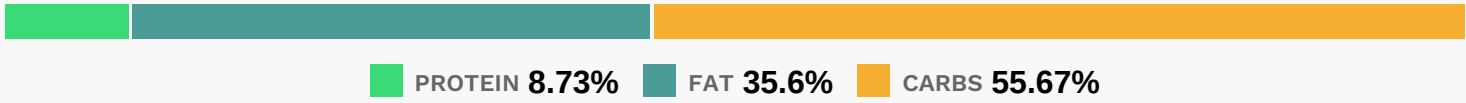
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Prepare Cream Cheese Piecrust in a 9-inch pie plate; set aside.
- ☐ Preheat oven to 350
- ☐ Combine sweet potato and next 8 ingredients (sweet potato through eggs) in a food processor, and process until smooth. Spoon mixture into prepared crust.
- ☐ Bake at 350 for 45 minutes or until set; shield edges of piecrust with foil after 20 minutes. Cool completely on a wire rack. Top each serving with whipped topping, and sprinkle with cinnamon, if desired.
- ☐ Serve with Clos du Bois Late Harvest Semillon 1997 (Knights Valley, \$18 per half-bottle), and opulent wine that is long and syrupy in the mouth.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:16.33, Inflammation Score:0, Nutrition Score:9.7482608919558%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 227.94kcal (11.4%), Fat: 9.13g (14.05%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.35g (11.04%), Sugar: 22.73g (25.26%), Cholesterol: 59.24mg (19.75%), Sodium: 182.41mg (7.93%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 5.04g (10.08%), Vitamin A: 8358.85IU (167.18%), Vitamin B2: 0.2mg (12.05%), Phosphorus: 120.16mg (12.02%), Calcium: 110.46mg (11.05%), Potassium: 311.38mg (8.9%), Manganese: 0.17mg (8.64%), Vitamin B5: 0.85mg (8.51%), Vitamin B6: 0.16mg (7.93%), Selenium: 5.55µg (7.93%), Fiber: 1.78g (7.1%), Magnesium: 23.59mg (5.9%), Copper: 0.1mg (5.14%), Vitamin B1: 0.07mg (4.37%), Zinc: 0.58mg (3.87%), Folate: 14.59µg (3.65%), Iron: 0.61mg (3.41%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.18µg (3%), Vitamin C: 1.97mg (2.39%), Vitamin B3: 0.4mg (1.99%), Vitamin K: 1.84µg (1.75%), Vitamin D: 0.23µg (1.5%)