



## Coconut-Sweet Potato Pie

READY IN



50 min.

SERVINGS



50

CALORIES



53 kcal

DESSERT

### Ingredients

- 0.5 cup firmly brown sugar packed
- 1 Tbsp butter melted
- 2 eggs lightly beaten
- 1 cup evaporated milk
- 1 cup baker's angel flake coconut divided
- 1 tsp ground cinnamon
- 0.3 tsp ground ginger
- 0.3 tsp ground nutmeg
- 1 unbaked 9-inch pastry shell

- 0.5 tsp salt
- 1.5 cups sweet potatoes cooked mashed
- 1 cup cool whip whipped topping thawed

## Equipment

- bowl
- oven
- knife

## Directions

- Preheat oven to 400F.
- Mix sweet potatoes, sugar, cinnamon, salt, ginger and nutmeg in large bowl until well blended.
- Add eggs, milk and butter; mix well. Stir in 1/2 cup of the coconut.
- Pour into pastry shell.
- Bake 35 minutes or until knife inserted in center comes out clean. Cool. Top with the whipped topping and remaining 1/2 cup coconut just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.66, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:1.7260869236096%

## Nutrients (% of daily need)

Calories: 53.46kcal (2.67%), Fat: 2.96g (4.55%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.43g (1.98%), Sugar: 3.3g (3.66%), Cholesterol: 8.04mg (2.68%), Sodium: 52.17mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin A: 598.94IU (11.98%), Manganese: 0.09mg (4.33%), Phosphorus: 22.88mg (2.29%), Vitamin B2: 0.04mg (2.08%), Fiber: 0.51g (2.05%), Calcium: 19.97mg (2%), Selenium: 1.26µg (1.8%), Potassium: 48.62mg (1.39%), Iron: 0.23mg (1.3%), Copper: 0.03mg (1.29%), Vitamin B5: 0.12mg (1.22%), Magnesium: 4.84mg (1.21%), Vitamin B1: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.1%), Folate: 4.28µg (1.07%)