



Crustless Sweet Potato Pie



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cane sugar raw
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup so delicious dairy free almond plus protein milk
- ☐ 3 servings garnish: dates
- ☐ 1 eggs
- ☐ 3 sweet potatoes

Equipment

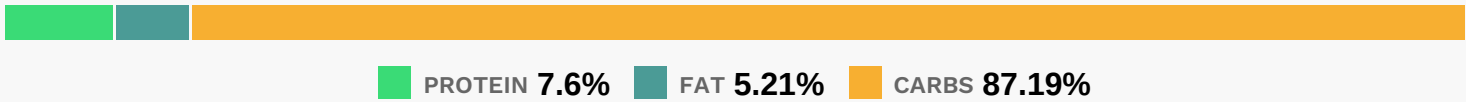
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 375°F
- ☐ Mix all ingredients until well combined.
- ☐ Place in 3 small pans or 1 medium sized round pan.
- ☐ Garnish with dates (pit removed) with a pecan placed inside.
- ☐ Bake for about an hour or until firm on top.

Nutrition Facts



Properties

Glycemic Index:72.84, Glycemic Load:38.69, Inflammation Score:-10, Nutrition Score:19.033043581506%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 341.23kcal (17.06%), Fat: 2.05g (3.15%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 77.26g (25.75%), Net Carbohydrates: 67.65g (24.6%), Sugar: 37.02g (41.13%), Cholesterol: 54.56mg (18.19%), Sodium: 155.71mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Vitamin A: 32224.08IU (644.48%), Manganese: 0.78mg (39.13%), Fiber: 9.61g (38.45%), Vitamin B6: 0.59mg (29.68%), Potassium: 1009.42mg (28.84%), Vitamin B5: 2.21mg (22.12%), Copper: 0.44mg (22.03%), Magnesium: 71.56mg (17.89%), Vitamin B2: 0.27mg (15.62%), Phosphorus: 154.29mg (15.43%), Vitamin B1: 0.21mg (14.01%), Calcium: 122.01mg (12.2%), Iron: 2.1mg (11.65%), Vitamin B3: 2.31mg (11.54%), Folate: 43.79µg (10.95%), Selenium: 7.28µg (10.4%), Vitamin C: 6.99mg (8.47%), Vitamin E: 1.27mg (8.45%), Zinc: 1.01mg (6.76%), Vitamin B12: 0.34µg (5.72%), Vitamin K: 5.13µg (4.89%), Vitamin D: 0.53µg (3.53%)