



WHATSheATE



Goldilocks Sweet Potato Pie

READY IN



75 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1 pastry for a pie crust
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup milk
- ☐ 1 pound sweet potatoes boiled mashed
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

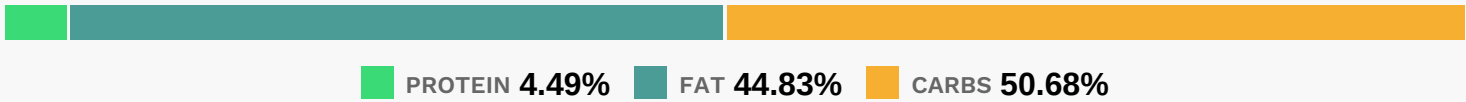
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Press pie crust into a 9-inch pie pan.
- ☐ Mix sweet potatoes, sugar, butter, milk, eggs, vanilla extract, nutmeg, and cinnamon together in a bowl; pour sweet potato mixture into the prepared pie crust.
- ☐ Bake in the preheated oven until a knife inserted near the center comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:23.38, Inflammation Score:-10, Nutrition Score:10.067391307458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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

Nutrients (% of daily need)

Calories: 371.13kcal (18.56%), Fat: 18.74g (28.82%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 45.34g (16.49%), Sugar: 28.2g (31.34%), Cholesterol: 73.25mg (24.42%), Sodium: 231.07mg (10.05%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 4.22g (8.44%), Vitamin A: 8483.25IU (169.67%), Manganese: 0.27mg (13.58%), Fiber: 2.32g (9.3%), Vitamin B2: 0.15mg (8.95%), Phosphorus: 82.91mg (8.29%), Vitamin B6: 0.16mg (7.9%), Selenium: 5.52µg (7.88%), Vitamin B5: 0.78mg (7.81%), Vitamin B1: 0.12mg (7.79%), Potassium: 255.36mg (7.3%), Folate: 26.81µg (6.7%), Iron: 1.12mg (6.23%), Copper: 0.11mg (5.67%), Magnesium: 21.16mg (5.29%), Calcium: 51.16mg (5.12%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.93mg (4.63%), Vitamin K: 3.68µg (3.51%), Vitamin B12: 0.2µg (3.41%), Zinc: 0.49mg (3.27%), Vitamin D: 0.39µg (2.59%), Vitamin C: 1.37mg

(1.66%)