



Granddaddy's Sweet Potato Meringue Pie

 Popular

READY IN



100 min.

SERVINGS



8

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 4 eggs separated
- ☐ 8 servings pastry for a pie crust
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 3 large sweet potatoes peeled cut into chunks
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup sugar white

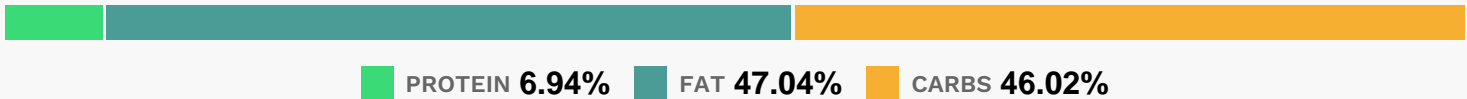
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ hand mixer
- ☐ pie form

Directions

- ☐ Place the sweet potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Transfer the sweet potatoes into a mixing bowl, and allow to cool for about 10 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a 9-inch pie dish with unbaked pie crust.
- ☐ Mash the sweet potatoes smoothly, and mix in butter, 3/4 cup of sugar, salt, milk, egg yolks, cinnamon, and vanilla extract.
- ☐ Pour the filling into the pie crust.
- ☐ Bake in the preheated oven until the filling is set and the pie crust is beginning to brown, 25 to 30 minutes.
- ☐ Place the egg whites into a clean mixing bowl, and beat until stiff with an electric mixer set on medium, 3 to 5 minutes. Beat in 1/4 cup sugar and 1/2 teaspoon of vanilla extract, until the mixture holds firm peaks and is glossy.
- ☐ Remove the pie from the oven and spoon meringue over the sweet potato filling, swirling the meringue into attractive peaks. Return to oven, and bake until the meringue turns golden brown, about 10 minutes, watching carefully to avoid burning. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:17.16, Inflammation Score:-10, Nutrition Score:13.857826118884%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 369.61kcal (18.48%), Fat: 19.47g (29.95%), Saturated Fat: 9.88g (61.75%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 38.44g (13.98%), Sugar: 12.06g (13.4%), Cholesterol: 113.26mg (37.75%), Sodium: 427.84mg (18.6%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 6.46g (12.92%), Vitamin A: 18574.71IU (371.49%), Manganese: 0.45mg (22.62%), Fiber: 4.42g (17.69%), Vitamin B6: 0.32mg (15.99%), Vitamin B5: 1.49mg (14.88%), Potassium: 496.55mg (14.19%), Vitamin B2: 0.23mg (13.6%), Phosphorus: 129.99mg (13%), Selenium: 9.06µg (12.94%), Vitamin B1: 0.17mg (11.45%), Copper: 0.23mg (11.28%), Folate: 39.67µg (9.92%), Magnesium: 39.01mg (9.75%), Iron: 1.73mg (9.63%), Calcium: 68.82mg (6.88%), Vitamin E: 1mg (6.64%), Vitamin B3: 1.32mg (6.59%), Zinc: 0.81mg (5.4%), Vitamin K: 4.97µg (4.73%), Vitamin B12: 0.26µg (4.35%), Vitamin C: 3.06mg (3.71%), Vitamin D: 0.52µg (3.49%)