

Grandma's Sweet Potato-Mallow Pie

READY IN



65 min.

SERVINGS



5

CALORIES



971 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 2 Tbsp butter melted
- 2 eggs beaten
- 12 oz evaporated milk canned
- 0.3 cup granulated sugar
- 0.5 tsp ground cinnamon
- 48 stackermallows marshmallows jet-puffed
- 14.1 oz ready-to-use pie crust refrigerated (2 crusts)
- 31 oz sweet potatoes drained canned

1 tsp vanilla

Equipment

bowl

frying pan

oven

knife

Directions

Heat oven to 350F.

Mash potatoes in large bowl.

Add sugars and cinnamon; mix well. Stir in next 4 ingredients.

Line bottom and sides of 13x9-inch pan with pie crusts, overlapping edges in center. Fill with potato mixture.

Bake 40 min. or until knife inserted in center comes out clean. Top with marshmallows; bake 10 min. or until lightly browned.

Nutrition Facts



PROTEIN 6.43% **FAT 29.76%** **CARBS 63.81%**

Properties

Glycemic Index:48.72, Glycemic Load:57.45, Inflammation Score:-10, Nutrition Score:23.054782504621%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 971.31kcal (48.57%), Fat: 32.52g (50.04%), Saturated Fat: 13.19g (82.42%), Carbohydrates: 156.9g (52.3%), Net Carbohydrates: 149.42g (54.33%), Sugar: 73.72g (81.91%), Cholesterol: 97.42mg (32.47%), Sodium: 614.33mg (26.71%), Alcohol: 0.29g (100%), Alcohol %: 0.08% (100%), Protein: 15.82g (31.63%), Vitamin A: 25337.23IU (506.74%), Manganese: 0.88mg (43.8%), Phosphorus: 320.53mg (32.05%), Vitamin B2: 0.54mg (32%), Fiber: 7.48g

(29.91%), Calcium: 270.66mg (27.07%), Vitamin B1: 0.4mg (26.47%), Potassium: 922.24mg (26.35%), Vitamin B5: 2.46mg (24.59%), Vitamin B6: 0.48mg (23.93%), Folate: 89.98µg (22.49%), Iron: 3.85mg (21.39%), Copper: 0.42mg (21.07%), Selenium: 13.98µg (19.97%), Magnesium: 77.08mg (19.27%), Vitamin B3: 3.36mg (16.78%), Zinc: 1.68mg (11.2%), Vitamin K: 9.94µg (9.47%), Vitamin E: 1.26mg (8.37%), Vitamin C: 5.52mg (6.69%), Vitamin B12: 0.28µg (4.59%), Vitamin D: 0.42µg (2.8%)