



Harvest Sweet Potato Pie

READY IN



60 min.

SERVINGS



16

CALORIES



219 kcal

DESSERT

Ingredients

- 1 serving dough for 2 single-crust pies
- 4 large eggs
- 12 ounces evaporated milk canned
- 1.3 cups sugar
- 0.8 cup butter melted
- 2 teaspoons ground cinnamon
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract

- 0.5 teaspoon nutmeg
- 0.5 teaspoon salt
- 4 cups sweet potatoes and into cooked mashed
- 1 serving whipped cream

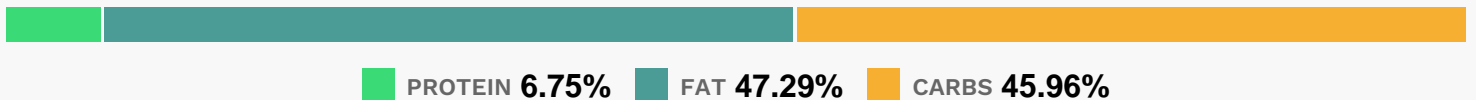
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Preheat oven to 425°. On a lightly floured surface, roll dough into two 1/8-in.-thick circles; transfer to two 9-in. pie plates. Trim crusts to 1/2 in. beyond rim of plates; flute edges. Refrigerate 30 minutes.
- In a large bowl, whisk eggs, milk, sugar, butter, cinnamon, pumpkin spice, vanilla, lemon extract, nutmeg and salt; beat in sweet potatoes.
- Pour into crusts.
- Bake 15 minutes. Reduce heat to 350°; bake until a knife inserted in the center comes out clean, 30–35 minutes longer. Cool completely on wire racks. If desired, serve with whipped cream. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:14.48, Inflammation Score:-10, Nutrition Score:8.5608695693638%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 218.66kcal (10.93%), Fat: 11.7g (18.01%), Saturated Fat: 6.95g (43.41%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 24.39g (8.87%), Sugar: 19.28g (21.42%), Cholesterol: 75.83mg (25.28%), Sodium: 205.78mg (8.95%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.76g (7.52%), Vitamin A: 5105.43IU (102.11%), Vitamin B2: 0.16mg (9.19%), Manganese: 0.18mg (9.13%), Phosphorus: 87.92mg (8.79%), Calcium: 80.09mg (8.01%), Selenium: 5.04µg (7.2%), Vitamin B5: 0.61mg (6.11%), Potassium: 201.36mg (5.75%), Vitamin B6: 0.1mg (5.19%), Fiber: 1.2g (4.81%), Magnesium: 15.98mg (4%), Vitamin E: 0.51mg (3.42%), Copper: 0.07mg (3.39%), Iron: 0.58mg (3.24%), Vitamin B1: 0.05mg (3.24%), Folate: 12.73µg (3.18%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.69µg (1.61%), Vitamin C: 1.27mg (1.54%), Vitamin B3: 0.3mg (1.5%)