



## Lisa's Sweet Potato Pie

READY IN



65 min.

SERVINGS



5

CALORIES



672 kcal

DESSERT

### Ingredients

- 1 cup firmly brown sugar dark packed
- 0.3 cup butter melted ()
- 2 eggs slightly beaten
- 2 Tbsp flour
- 1 tsp ground cinnamon
- 0.5 tsp ground nutmeg
- 1 unbaked 9-inch pastry shell
- 2 medium sweet potatoes boiled peeled mashed
- 0.5 cup condensed milk sweetened

- 1 tsp vanilla
- 1.5 cups cool whip whipped topping thawed

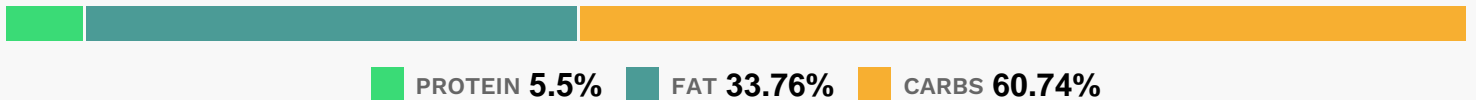
## Equipment

- bowl
- oven
- wire rack

## Directions

- Preheat oven to 400F.
- Mix sweet potatoes, sugar, milk, butter, flour, spices, eggs and vanilla in large bowl until blended.
- Pour into pastry shell. (Shell will be quite full; filling will not rise over sides.)
- Bake 30 to 35 minutes or until top is puffed and browned. (Filling will be soft, but will set while cooling.) Cool on wire rack at least 2 hours.
- Serve each slice with 2 tablespoons whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:53.8, Glycemic Load:20.84, Inflammation Score:-10, Nutrition Score:16.180869558583%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 671.5kcal (33.58%), Fat: 25.45g (39.15%), Saturated Fat: 9.52g (59.52%), Carbohydrates: 102.99g (34.33%), Net Carbohydrates: 99.03g (36.01%), Sugar: 68.67g (76.3%), Cholesterol: 76.33mg (25.44%), Sodium: 388.41mg (16.89%), Alcohol: 0.29g (100%), Alcohol %: 0.14% (100%), Protein: 9.33g (18.65%), Vitamin A: 13426.53IU (268.53%), Manganese: 0.54mg (26.9%), Vitamin B2: 0.36mg (21.24%), Selenium: 14.52µg (20.74%), Phosphorus:

204.35mg (20.43%), Calcium: 192.4mg (19.24%), Potassium: 568.92mg (16.25%), Fiber: 3.96g (15.86%), Vitamin B1: 0.23mg (15.25%), Vitamin B5: 1.44mg (14.43%), Vitamin B6: 0.28mg (13.89%), Folate: 52.3µg (13.07%), Iron: 2.33mg (12.93%), Magnesium: 45.12mg (11.28%), Copper: 0.21mg (10.56%), Vitamin B3: 1.76mg (8.81%), Vitamin E: 1.1mg (7.36%), Zinc: 1.01mg (6.74%), Vitamin B12: 0.35µg (5.79%), Vitamin K: 5.24µg (4.99%), Vitamin C: 3.01mg (3.65%), Vitamin D: 0.41µg (2.75%)