



Old-Fashioned Sweet Potato Pie

READY IN



135 min.

SERVINGS



8

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 0.5 stick butter melted
- ☐ 3 egg whites
- ☐ 2 eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 2 cups sweet potatoes cooked peeled

- ☐ 8 servings unbaked pie crust
- ☐ 1 teaspoon vanilla extract

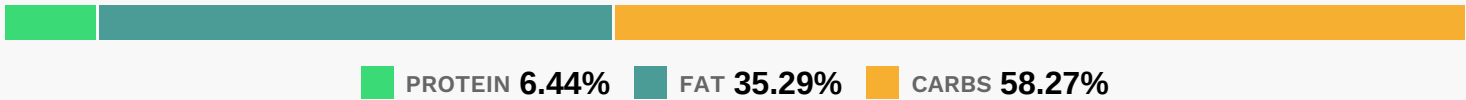
Equipment

- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the filling, using an electric hand mixer, combine the potatoes, 1 cup of the sugar, the butter, eggs, vanilla, salt, and spices.
- ☐ Mix thoroughly.
- ☐ Add the milk and continue to mix.
- ☐ Pour the filling into the pie crust and bake for 35 to 45 minutes, or until a knife inserted in the center comes out clean.
- ☐ Place the pie on a rack and cool to room temperature before covering with meringue.
- ☐ For the meringue, using an electric mixer, beat the egg whites until soft peaks form; beat in the remaining 1/4 cup sugar 1 tablespoon at a time. Continue beating until the sugar dissolves and the mixture is glossy and stiff, but not dry. With a rubber spatula, spoon the meringue onto the pie, forming peaks. Make sure the meringue touches the crust all around.
- ☐ Sprinkle with a pinch of granulated sugar.
- ☐ Bake for 10 to 12 minutes, or until delicately browned. Cool and serve.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:25.66, Inflammation Score:-10, Nutrition Score:9.7460870017176%

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: 338.34kcal (16.92%), Fat: 13.43g (20.66%), Saturated Fat: 6.28g (39.27%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 48.32g (17.57%), Sugar: 34.24g (38.04%), Cholesterol: 59.76mg (19.92%), Sodium: 269.55mg (11.72%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.51g (11.02%), Vitamin A: 5002.9IU (100.06%), Vitamin B2: 0.21mg (12.18%), Selenium: 7.91µg (11.3%), Manganese: 0.22mg (10.98%), Phosphorus: 87.07mg (8.71%), Vitamin B1: 0.11mg (7.12%), Vitamin B5: 0.66mg (6.64%), Fiber: 1.57g (6.28%), Potassium: 216.1mg (6.17%), Calcium: 61.28mg (6.13%), Folate: 24.38µg (6.09%), Vitamin B6: 0.12mg (5.94%), Iron: 0.99mg (5.51%), Vitamin B12: 0.28µg (4.75%), Magnesium: 18.09mg (4.52%), Vitamin B3: 0.82mg (4.11%), Copper: 0.08mg (4%), Vitamin D: 0.56µg (3.7%), Zinc: 0.48mg (3.2%), Vitamin E: 0.48mg (3.2%), Vitamin K: 2.79µg (2.66%)