



## Old-Fashioned Sweet Potato Pie

READY IN



105 min.

SERVINGS



8

CALORIES



356 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup 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 divided plus a pinch
- ☐ 2 cups sweet potatoes cubed cooked peeled

- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract

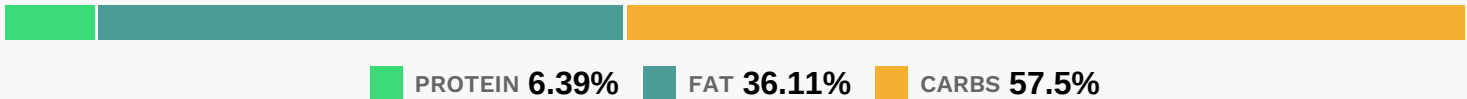
## Equipment

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

## Directions

- ☐ Cream the sweet potatoes with an electric mixer. This will produce a smooth, creamy pie with no lumps.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, combine the potatoes, 1 cup of the sugar, butter, eggs, vanilla, salt, and spices.
- ☐ Mix thoroughly.
- ☐ Add the milk, stirring until well combined.
- ☐ Pour the mixture into the pie crust and bake for 40 to 50 minutes, or until a knife inserted into the center comes out clean.
- ☐ Place the pie on a rack and cool to room temperature before covering with 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 mixture on the pie, forming peaks. Make sure the meringue touches the crust all around.
- ☐ Sprinkle with a pinch of sugar.
- ☐ Bake for 5 to 10 minutes, or until delicately browned. Cool and serve.

## Nutrition Facts



## Properties

Glycemic Index:27.64, Glycemic Load:25.66, Inflammation Score:-10, Nutrition Score:9.9969565246416%

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: 355.7kcal (17.79%), Fat: 14.43g (22.2%), Saturated Fat: 6.61g (41.28%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 50.05g (18.2%), Sugar: 34.24g (38.04%), Cholesterol: 59.83mg (19.94%), Sodium: 285.09mg (12.4%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.74g (11.49%), Vitamin A: 5003.71IU (100.07%), Vitamin B2: 0.21mg (12.56%), Manganese: 0.24mg (11.81%), Selenium: 8.13µg (11.61%), Phosphorus: 89.78mg (8.98%), Vitamin B1: 0.12mg (7.8%), Vitamin B5: 0.68mg (6.8%), Folate: 27µg (6.75%), Fiber: 1.66g (6.66%), Potassium: 219.75mg (6.28%), Calcium: 62mg (6.2%), Iron: 1.09mg (6.06%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.28µg (4.75%), Magnesium: 18.66mg (4.66%), Vitamin B3: 0.92mg (4.62%), Copper: 0.08mg (4.14%), Vitamin D: 0.56µg (3.7%), Vitamin E: 0.5mg (3.32%), Zinc: 0.5mg (3.31%), Vitamin K: 3.06µg (2.92%)