



Sarah Contona's Sweet Potato Pie

READY IN

ready

90 min.

SERVINGS

servings

8

CALORIES

calories

553 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 2 eggs lightly beaten
- ☐ 1.5 cups graham crackers crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup cup heavy whipping cream light
- ☐ 10.5 ounce marshmallows miniature
- ☐ 29 ounce sweet potatoes mashed drained canned

☐ 2 tablespoons vanilla

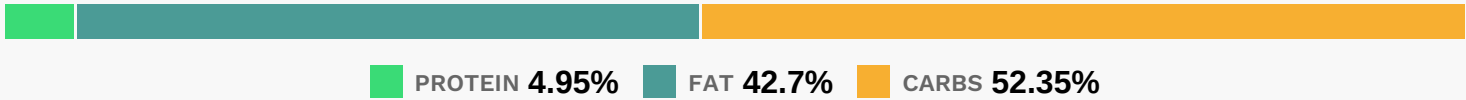
Equipment

- ☐ bowl
- ☐ oven
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch springform pan.
- ☐ In a medium bowl, mix graham crackers, cinnamon, 2 tablespoons brown sugar, and butter. Press mixture into the prepared springform pan to form a crust.
- ☐ Bake 10 minutes in the preheated oven, until lightly browned.
- ☐ In a large bowl, blend cream cheese, sweet potatoes, 1/4 cup brown sugar, light cream, eggs, and vanilla.
- ☐ Pour into the baked crust.
- ☐ Bake pie 1 hour in the preheated oven, placing marshmallows on top to melt during the last 10 minutes.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:38, Inflammation Score:-10, Nutrition Score:12.85869561071%

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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 552.53kcal (27.63%), Fat: 26.43g (40.66%), Saturated Fat: 15.11g (94.44%), Carbohydrates: 72.92g (24.31%), Net Carbohydrates: 69.16g (25.15%), Sugar: 37.82g (42.02%), Cholesterol: 108.35mg (36.12%), Sodium:

398.13mg (17.31%), Alcohol: 1.12g (100%), Alcohol %: 0.62% (100%), Protein: 6.89g (13.78%), Vitamin A: 15450.26IU (309.01%), Manganese: 0.31mg (15.4%), Fiber: 3.76g (15.04%), Phosphorus: 145.99mg (14.6%), Vitamin B2: 0.24mg (13.9%), Vitamin B6: 0.27mg (13.69%), Potassium: 455.8mg (13.02%), Vitamin B5: 1.2mg (12%), Copper: 0.22mg (10.79%), Magnesium: 42.15mg (10.54%), Selenium: 7.33µg (10.47%), Calcium: 94.81mg (9.48%), Iron: 1.7mg (9.45%), Vitamin B1: 0.13mg (8.85%), Folate: 27.96µg (6.99%), Vitamin E: 1.02mg (6.83%), Vitamin B3: 1.31mg (6.53%), Zinc: 0.97mg (6.49%), Vitamin K: 3.71µg (3.54%), Vitamin B12: 0.2µg (3.32%), Vitamin C: 2.52mg (3.05%), Vitamin D: 0.26µg (1.77%)