



Savory Sweet Potato Pie

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



351 kcal

Ingredients

- ☐ 4 slices at least of turkey bacon
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 2 tablespoons onion finely chopped
- ☐ 17 oz sweet potatoes and into drained canned
- ☐ 2 tablespoons sugar
- ☐ 0.8 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 eggs

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 5 bell pepper green thin

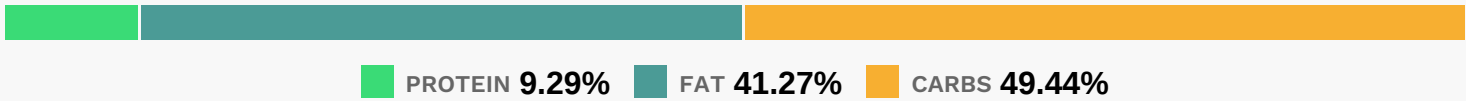
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In 10-inch skillet, cook bacon over medium-high heat 5 to 7 minutes, turning once, until crisp; place on paper towels. Chop bacon; set aside. In same skillet, cook bell pepper and onion over medium heat 2 to 3 minutes, stirring constantly, until crisp-tender.
- ☐ In medium bowl, mash sweet potatoes with fork; add sugar, seasoned salt, pepper, thyme and eggs. Beat with electric mixer on low speed 1 to 2 minutes or until well blended. Stir in chopped bacon and bell pepper mixture.
- ☐ Remove pie crust from pouch; place flat on ungreased cookie sheet.
- ☐ Spread filling over crust to within 1 1/2 inches of edge. Carefully fold edge of crust up over filling, pleating crust as necessary.
- ☐ Bake 30 minutes. Arrange bell pepper rings over filling.
- ☐ Bake 15 to 20 minutes longer or until crust is golden brown and center is set. Cool 5 to 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:17.564782686855%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.76mg, Luteolin: 3.76mg, Luteolin: 3.76mg, Luteolin: 3.76mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 351.36kcal (17.57%), Fat: 16.21g (24.93%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 39.21g (14.26%), Sugar: 7.56g (8.4%), Cholesterol: 47.78mg (15.93%), Sodium: 633.61mg (27.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Vitamin A: 8902.66IU (178.05%), Vitamin C: 65.27mg (79.12%), Manganese: 0.5mg (24.83%), Vitamin B6: 0.37mg (18.63%), Fiber: 4.48g (17.93%), Vitamin B1: 0.24mg (15.96%), Folate: 55.83µg (13.96%), Phosphorus: 135.06mg (13.51%), Iron: 2.31mg (12.82%), Potassium: 438.42mg (12.53%), Vitamin B2: 0.21mg (12.51%), Selenium: 8.43µg (12.04%), Vitamin B3: 2.32mg (11.62%), Vitamin K: 11.32µg (10.79%), Copper: 0.2mg (10.12%), Vitamin B5: 0.94mg (9.36%), Magnesium: 34.38mg (8.59%), Zinc: 0.87mg (5.8%), Vitamin E: 0.87mg (5.79%), Calcium: 43.81mg (4.38%), Vitamin B12: 0.12µg (2.05%), Vitamin D: 0.25µg (1.65%)