



Southern Sweet Potato Pie

READY IN



70 min.

SERVINGS



8

CALORIES



462 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 0.3 cup plus light
- 2 eggs
- 0.8 cup evaporated milk
- 3 tablespoons flour all-purpose
- 0.3 teaspoon nutmeg
- 1 pie crust dough (9 inches)
- 1 pinch salt
- 1.7 cups sugar

1 cup sweet potatoes and into mashed

Equipment

bowl

oven

wire rack

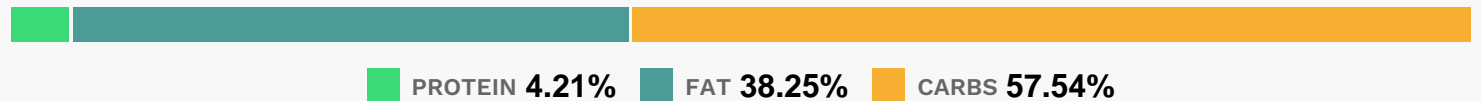
Directions

In a small bowl, combine the flour, sugar, nutmeg and salt. In a large bowl, beat the potatoes, eggs, corn syrup, butter and sugar mixture. Gradually stir in milk.

Pour into pastry shell.

Bake at 350° for 55–60 minutes. Cool on a wire rack for 1 hour. Refrigerate for at least 3 hours before serving. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:42.76, Glycemic Load:33.86, Inflammation Score:-9, Nutrition Score:7.4504347832307%

Nutrients (% of daily need)

Calories: 461.9kcal (23.09%), Fat: 20.09g (30.91%), Saturated Fat: 10.48g (65.49%), Carbohydrates: 68g (22.67%), Net Carbohydrates: 66.88g (24.32%), Sugar: 52.91g (58.79%), Cholesterol: 78.27mg (26.09%), Sodium: 239.88mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin A: 2829.27IU (56.59%), Vitamin B2: 0.2mg (11.64%), Phosphorus: 99.43mg (9.94%), Selenium: 6.65µg (9.5%), Calcium: 82.59mg (8.26%), Manganese: 0.16mg (8.2%), Vitamin B1: 0.12mg (7.75%), Folate: 29.38µg (7.35%), Iron: 1.05mg (5.82%), Vitamin B5: 0.57mg (5.66%), Potassium: 170.98mg (4.89%), Fiber: 1.12g (4.48%), Vitamin B3: 0.89mg (4.47%), Vitamin E: 0.63mg (4.17%), Vitamin B6: 0.08mg (3.88%), Magnesium: 15.46mg (3.86%), Zinc: 0.55mg (3.69%), Copper: 0.06mg (3.02%), Vitamin K: 3.03µg (2.88%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.24µg (1.62%), Vitamin C: 0.85mg (1.03%)