



WHATSheATE



## Sweet Potato Butternut Squash Pie

READY IN



70 min.

SERVINGS



10

CALORIES



304 kcal

### Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 2 cups butternut squash cooked
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 cup condensed milk
- ☐ 4 eggs
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 10 ounce marshmallows mini
- ☐ 3 cups sweet potatoes mashed
- ☐ 1 9-inch unbaked pie crust

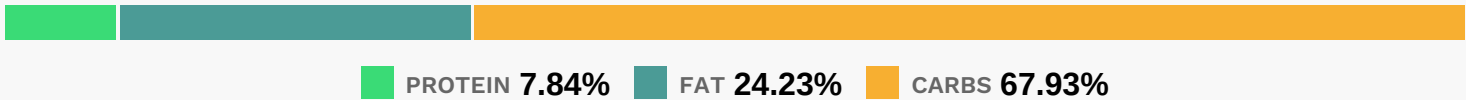
# Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mash together the sweet potatoes and squash in a bowl. Fold the eggs, milk, cinnamon, nutmeg, and allspice into the potato mixture.
- ☐ Pour the mixture into the pie crust.
- ☐ Bake the pie in the preheated oven for 30 minutes; arrange marshmallows on top of pie.
- ☐ Bake until a knife inserted into the center of the pie comes out clean, about 30 minutes more.

# Nutrition Facts



# Properties

Glycemic Index:26.95, Glycemic Load:23, Inflammation Score:-10, Nutrition Score:11.827826095664%

# 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: 304.03kcal (15.2%), Fat: 8.37g (12.88%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 52.81g (17.6%), Net Carbohydrates: 50.37g (18.32%), Sugar: 27.03g (30.04%), Cholesterol: 70.67mg (23.56%), Sodium: 172.08mg (7.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin A: 8774.34IU (175.49%), Manganese: 0.3mg (14.84%), Selenium: 9.68µg (13.83%), Vitamin B2: 0.21mg (12.26%), Phosphorus: 118.67mg (11.87%), Fiber: 2.43g (9.74%), Potassium: 337.15mg (9.63%), Folate: 36.31µg (9.08%), Vitamin B1: 0.14mg (9.05%), Vitamin B5: 0.9mg (8.99%), Vitamin C: 7.29mg (8.83%), Vitamin B6: 0.18mg (8.79%), Calcium: 86.22mg (8.62%), Iron: 1.39mg (7.71%), Magnesium: 29.59mg (7.4%), Copper: 0.14mg (7.01%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.81mg (5.42%), Zinc: 0.64mg (4.27%), Vitamin B12: 0.22µg (3.73%), Vitamin K: 2.69µg (2.56%), Vitamin D: 0.38µg (2.55%)