



Sweet Potato Eggnog Pie

READY IN



195 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon freshly ground
- ☐ 1 9-inch deep-dish pie crust frozen ()
- ☐ 1.3 cups eggnog
- ☐ 2 eggs
- ☐ 3 tablespoons rum light
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup butter sweet softened
- ☐ 2 cups baked sweet potatoes mashed
- ☐ 5 tablespoons sugar white

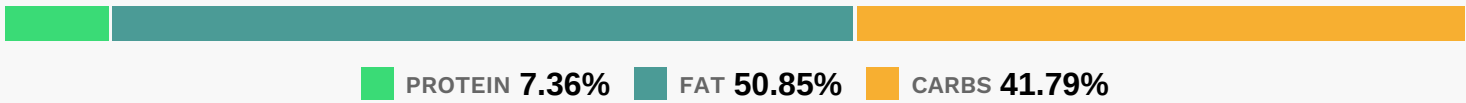
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Beat sweet potatoes, eggnog, eggs, sugar, butter, rum, cinnamon, and nutmeg together in a bowl with an electric mixer until smooth.
- ☐ Pour sweet potato mixture into prepared pie crust.
- ☐ Bake pie in the preheated oven for 10 minutes. Reduce heat to 300 degrees F (150 degrees C) and continue baking until pie is set, 50 to 55 minutes. Chill in the refrigerator for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:40.39, Glycemic Load:10.44, Inflammation Score:-10, Nutrition Score:10.455652174742%

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: 307.48kcal (15.37%), Fat: 16.78g (25.81%), Saturated Fat: 7.42g (46.39%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 29.55g (10.74%), Sugar: 12.37g (13.74%), Cholesterol: 81.15mg (27.05%), Sodium: 202.27mg (8.79%), Alcohol: 1.88g (100%), Alcohol %: 1.76% (100%), Protein: 5.47g (10.93%), Vitamin A: 5041.55IU (100.83%), Manganese: 0.25mg (12.61%), Vitamin B2: 0.2mg (11.5%), Phosphorus: 105.03mg (10.5%), Selenium: 6.75µg (9.64%), Calcium: 80.08mg (8.01%), Folate: 31.32µg (7.83%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.72mg (7.21%), Potassium: 225.73mg (6.45%), Iron: 1.14mg (6.33%), Vitamin B6: 0.12mg (6.17%), Fiber: 1.49g (5.94%), Magnesium: 22.36mg (5.59%), Vitamin E: 0.81mg (5.39%), Vitamin K: 5.53µg (5.27%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.73µg (4.85%), Vitamin B3: 0.95mg (4.76%), Copper: 0.09mg (4.47%), Zinc: 0.58mg (3.87%), Vitamin C: 1.44mg (1.75%)