



Sweet Potato Pie

READY IN



90 min.

SERVINGS



8

CALORIES



464 kcal

DESSERT

Ingredients

- 0.3 cup butter divided melted
- 4 oz philadelphia cream cheese softened ()
- 0.3 cup plus dark
- 2 eggs
- 1 cup marshmallows jet-puffed miniature
- 1 tsp pumpkin pie spice
- 0.3 cup sugar
- 2 Tbsp sugar
- 1.3 lb sweet potatoes cooked peeled mashed (2)

- 1 tsp vanilla
- 50 vanilla wafers divided

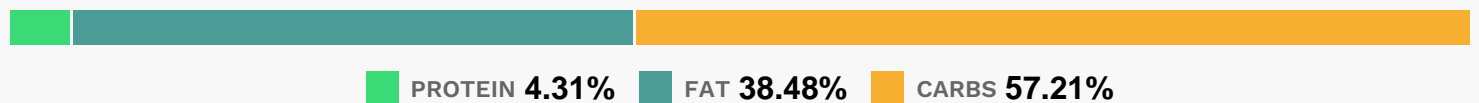
Equipment

- bowl
- oven
- knife
- blender

Directions

- Heat oven to 325F.
- Crush 40 wafers to form fine crumbs; place in medium bowl.
- Add 1/4 cup butter and 2 Tbsp. sugar; mix well. Press onto bottom and up side of 9-inch pie plate. Coarsely crush remaining wafers; mix with remaining butter. Reserve for later use.
- Beat all remaining ingredients except marshmallows with mixer until well blended; pour into crust.
- Bake 50 to 55 min. or until knife inserted in center comes out clean. Top with crumb mixture and marshmallows; bake 5 min. or until marshmallows are puffed. Cool completely. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:56.59, Glycemic Load:46.38, Inflammation Score:-10, Nutrition Score:10.800000050794%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 463.77kcal (23.19%), Fat: 20.17g (31.03%), Saturated Fat: 6.95g (43.47%), Carbohydrates: 67.47g (22.49%), Net Carbohydrates: 64.78g (23.56%), Sugar: 38.65g (42.94%), Cholesterol: 55.61mg (18.54%), Sodium: 360.84mg (15.69%), Alcohol: 0.18g (100%), Alcohol %: 0.13% (100%), Protein: 5.08g (10.16%), Vitamin A: 10643.51IU (212.87%), Vitamin B1: 0.22mg (14.86%), Vitamin B2: 0.22mg (12.93%), Folate: 47.45µg (11.86%), Manganese: 0.23mg (11.7%), Fiber: 2.69g (10.76%), Potassium: 315.62mg (9.02%), Phosphorus: 90.14mg (9.01%), Vitamin B6: 0.18mg (8.89%), Vitamin B5: 0.83mg (8.27%), Selenium: 5.52µg (7.89%), Vitamin B3: 1.41mg (7.04%), Copper: 0.13mg (6.57%), Magnesium: 21.93mg (5.48%), Vitamin E: 0.72mg (4.79%), Calcium: 47.74mg (4.77%), Iron: 0.74mg (4.12%), Zinc: 0.44mg (2.93%), Vitamin B12: 0.14µg (2.31%), Vitamin C: 1.77mg (2.14%), Vitamin K: 1.67µg (1.59%), Vitamin D: 0.22µg (1.47%)