



Sweet Potato Pie

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 2 eggs
- ☐ 2 teaspoons ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pre-made pie shell
- ☐ 2 tablespoons vanilla extract
- ☐ 24 ounce yams canned

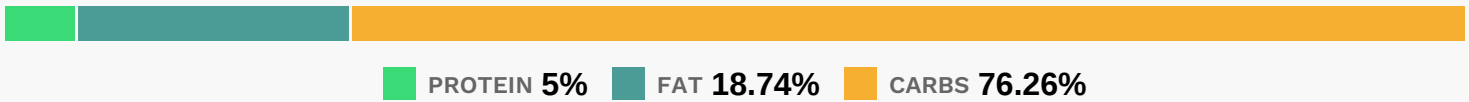
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat oven 400 degrees F.
- ☐ Parbake pie shell for 10 to 12 minutes until lightly browned.
- ☐ Remove from oven.
- ☐ In a stand mixer fitted with a paddle attachment mix together yams, eggs, vanilla, cinnamon, allspice and brown sugar until smooth.
- ☐ Pour mixture into parbaked pie shell. Wrap the rim of the crust with foil.
- ☐ Place into oven at 325 degrees F and bake for 1 hour.
- ☐ Remove from oven and allow to cool completely on a rack before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:10.51, Inflammation Score:-3, Nutrition Score:8.6608695724736%

Nutrients (% of daily need)

Calories: 328.99kcal (16.45%), Fat: 6.78g (10.43%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 57.81g (21.02%), Sugar: 27.56g (30.62%), Cholesterol: 40.92mg (13.64%), Sodium: 118.59mg (5.16%), Alcohol: 1.12g (100%), Alcohol %: 0.95% (100%), Protein: 4.07g (8.14%), Manganese: 0.52mg (25.91%), Potassium: 777.47mg (22.21%), Vitamin C: 14.75mg (17.88%), Fiber: 4.26g (17.04%), Vitamin B6: 0.29mg (14.6%), Vitamin B1: 0.16mg (10.6%), Folate: 40.08µg (10.02%), Copper: 0.19mg (9.71%), Phosphorus: 85.88mg (8.59%), Iron: 1.46mg (8.11%), Selenium: 5.53µg (7.91%), Vitamin B2: 0.12mg (6.89%), Magnesium: 26.06mg (6.51%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 1.11mg (5.57%), Calcium: 53.65mg (5.36%), Vitamin A: 180.42IU (3.61%), Vitamin K: 3.62µg (3.45%), Vitamin E: 0.52mg (3.44%), Zinc: 0.46mg (3.09%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)