



Sweet Potato Pie

READY IN

ready

90 min.

SERVINGS

servings

8

CALORIES

calories

265 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter softened ()
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup milk
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 1.5 cups sweet potatoes pureed canned peeled
- ☐ 1 unbaked 9-inch pie shell homemade store-bought

☐ 1 teaspoon vanilla extract

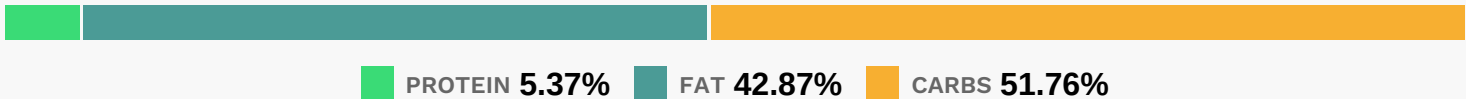
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 300 degrees F.
- ☐ In the bowl of an electric mixer, combine the sweet potatoes and 1/2 cup of the sugar, as well as the eggs, butter, milk, vanilla, cinnamon, nutmeg and salt. Beat until thoroughly blended and smooth.
- ☐ Pour the mixture into the pie shell and sprinkle with the remaining 1/4 cup sugar. Allow the pie to stand for 15 minutes before baking to allow the sugar to melt.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:15.72, Inflammation Score:-9, Nutrition Score:7.335217434427%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 265.31kcal (13.27%), Fat: 12.75g (19.61%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 33.29g (12.11%), Sugar: 20.25g (22.51%), Cholesterol: 62.47mg (20.82%), Sodium: 171.38mg (7.45%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 3.59g (7.18%), Vitamin A: 3793.13IU (75.86%), Manganese: 0.18mg (8.84%), Selenium: 5.53µg (7.9%), Vitamin B2: 0.13mg (7.38%), Phosphorus: 61.35mg (6.14%),

Folate: 23.75µg (5.94%), Vitamin B1: 0.09mg (5.85%), Fiber: 1.33g (5.3%), Iron: 0.94mg (5.23%), Vitamin B5: 0.51mg (5.14%), Vitamin B6: 0.09mg (4.46%), Potassium: 136.62mg (3.9%), Vitamin B3: 0.74mg (3.68%), Copper: 0.07mg (3.26%), Vitamin E: 0.46mg (3.08%), Calcium: 30.56mg (3.06%), Magnesium: 12.19mg (3.05%), Vitamin B12: 0.16µg (2.74%), Zinc: 0.37mg (2.49%), Vitamin K: 2.57µg (2.45%), Vitamin D: 0.33µg (2.23%)