



Sweet Potato Pie

READY IN



85 min.

SERVINGS



8

CALORIES



1317 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup brown sugar dark packed
- ☐ 9 inch deep dish frozen
- ☐ 5 egg yolks
- ☐ 1 tablespoon maple syrup
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup pecans toasted chopped
- ☐ 1.3 cups yogurt plain
- ☐ 8 servings salt

☐ 1 pound sweet potatoes cubed peeled

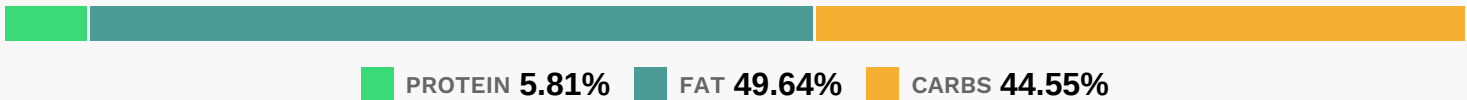
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ potato masher
- ☐ stand mixer
- ☐ steamer basket

Directions

- ☐ Watch how to make this recipe.
- ☐ Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Mash with potato masher and set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment.
- ☐ Add yogurt, brown sugar, cinnamon, nutmeg, yolks, and salt, to taste, and beat until well combined.
- ☐ Pour this batter into the pie shell and place onto a sheet pan.
- ☐ Sprinkle pecans on top and drizzle with maple syrup.
- ☐ Bake for 50 to 55 minutes or until the custard reaches 165 to 180 degrees.
- ☐ Remove from oven and cool. Keep refrigerated after cooling.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:6.66, Inflammation Score:-10, Nutrition Score:28.586956615033%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1316.5kcal (65.82%), Fat: 72.75g (111.92%), Saturated Fat: 21.1g (131.9%), Carbohydrates: 146.93g (48.98%), Net Carbohydrates: 138.22g (50.26%), Sugar: 26.28g (29.2%), Cholesterol: 126.48mg (42.16%), Sodium: 1174.26mg (51.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Vitamin A: 8254.33IU (165.09%), Manganese: 1.86mg (92.82%), Vitamin B1: 0.79mg (52.38%), Folate: 186.1µg (46.53%), Iron: 7.03mg (39.06%), Fiber: 8.71g (34.85%), Vitamin B2: 0.58mg (34.14%), Vitamin B3: 6.61mg (33.04%), Phosphorus: 307.67mg (30.77%), Selenium: 21.08µg (30.11%), Copper: 0.44mg (22.04%), Vitamin B5: 2mg (19.95%), Magnesium: 72.14mg (18.04%), Vitamin K: 18.12µg (17.25%), Potassium: 570.64mg (16.3%), Vitamin B6: 0.32mg (16%), Zinc: 2.31mg (15.41%), Calcium: 151.46mg (15.15%), Vitamin E: 1.69mg (11.26%), Vitamin B12: 0.36µg (6.02%), Vitamin D: 0.65µg (4.31%), Vitamin C: 1.71mg (2.07%)