

Sweet-Potato Pie

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 1.3 cups evaporated milk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 cups sweet potatoes mashed
- ☐ 1 unbaked refrigerated frozen thawed or and

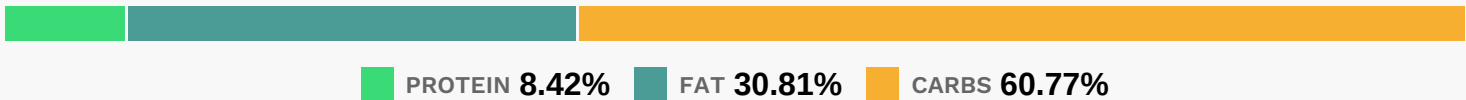
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Prep time: 10 minutes Baking time: 55 minutes Preheat the oven to 375 degrees. In a large mixing bowl, beat the eggs.
- ☐ Add the mashed sweet potatoes, evaporated milk, both sugars, cinnamon, and salt. Beat to combine, 1 to 2 minutes.
- ☐ Pour the mixture into the pie shell.
- ☐ Serve warm, with a dollop of whipped cream and a dusting of cinnamon

Nutrition Facts



Properties

Glycemic Index:16.64, Glycemic Load:12.03, Inflammation Score:-10, Nutrition Score:10.289565184842%

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: 278.17kcal (13.91%), Fat: 9.62g (14.8%), Saturated Fat: 3.89g (24.33%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 41.04g (14.92%), Sugar: 26.76g (29.73%), Cholesterol: 52.34mg (17.45%), Sodium: 310.62mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin A: 4871.63IU (97.43%), Vitamin B2: 0.23mg (13.74%), Calcium: 133.27mg (13.33%), Phosphorus: 133.17mg (13.32%), Manganese: 0.24mg (11.78%), Selenium: 5.89µg (8.41%), Potassium: 280.7mg (8.02%), Vitamin B5: 0.78mg (7.85%), Vitamin B1: 0.11mg (7.16%), Folate: 26.96µg (6.74%), Fiber: 1.66g (6.65%), Iron: 1.12mg (6.2%), Vitamin B6: 0.12mg (6.13%), Magnesium: 23.25mg (5.81%), Copper: 0.09mg (4.33%), Zinc: 0.65mg (4.33%), Vitamin B3: 0.86mg (4.29%), Vitamin B12: 0.16µg (2.68%), Vitamin E: 0.37mg (2.46%), Vitamin K: 2.5µg (2.38%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.26µg (1.73%)