

# Sweet Potato Pie

 Vegetarian

READY IN



140 min.

SERVINGS



10

CALORIES



220 kcal

DESSERT

## Ingredients

- 2 cups sweet potatoes and into mashed (from 2 pounds of sweet potatoes)
- 0.3 teaspoon double-acting baking powder
- 2 large eggs at room temperature
- 2 tablespoons flour all-purpose as needed plus more
- 0.8 cup granulated sugar
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.3 teaspoon salt fine
- 1 cup condensed milk sweetened ( 1 [14-ounce] can)
- 2 tablespoons butter unsalted melted ( )
- 0.3 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- stand mixer
- spatula

## Directions

- Heat the oven to 350°F and arrange a rack in the lower third.
- Place a baking sheet on the rack. Lightly flour a work surface and roll the dough out into a round approximately 12 inches in diameter and 1/4 inch thick. Line a 9-inch pie plate with the dough and fold the excess under itself, crimping the edges to seal.
- Place in the refrigerator while you make the filling.
- Place the measured flour, cinnamon, allspice, baking powder, cloves, and salt in a small bowl and whisk to combine; set aside.
- Place the sweet potatoes in a stand mixer fitted with a paddle attachment and mix on medium speed until smooth, about 3 minutes.
- Add the eggs 1 at a time, letting the first completely incorporate before adding the second. Stop the mixer and scrape down the paddle and sides of the bowl with a rubber spatula. Return the mixer to medium speed, add the sugar, and mix until fully incorporated, about 1 minute. Reduce the speed to low, add the reserved flour mixture, condensed milk, melted butter, and vanilla and mix until just incorporated.
- Transfer the filling to the crust.

Place the pie on the hot baking sheet and bake until the filling is just set in the middle and the edges are puffed, about 50 to 60 minutes.

Remove to a wire rack and let cool completely before serving, about 1 hour.

## Nutrition Facts

**PROTEIN 7.64%** **FAT 23.93%** **CARBS 68.43%**

### Properties

Glycemic Index:37.61, Glycemic Load:24.13, Inflammation Score:-9, Nutrition Score:8.1578261282133%

### 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: 219.92kcal (11%), Fat: 5.98g (9.2%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 37.48g (13.63%), Sugar: 32.79g (36.43%), Cholesterol: 53.62mg (17.87%), Sodium: 137.16mg (5.96%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 4.29g (8.59%), Vitamin A: 3980.63IU (79.61%), Selenium: 8.4µg (12%), Vitamin B2: 0.2mg (11.81%), Phosphorus: 114.5mg (11.45%), Calcium: 110.43mg (11.04%), Manganese: 0.15mg (7.63%), Potassium: 222.14mg (6.35%), Vitamin B5: 0.61mg (6.06%), Vitamin B6: 0.09mg (4.48%), Vitamin B1: 0.06mg (4.3%), Magnesium: 16.62mg (4.15%), Fiber: 0.98g (3.93%), Vitamin B12: 0.23µg (3.81%), Folate: 13.88µg (3.47%), Zinc: 0.52mg (3.45%), Iron: 0.51mg (2.86%), Copper: 0.06mg (2.86%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.3mg (1.99%), Vitamin C: 1.48mg (1.8%), Vitamin B3: 0.32mg (1.58%)