



## Sweet Potato Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



169 kcal

DESSERT

### Ingredients

- 1 serving pastry crust for single-crust 9-inch pie
- 3 medium sweet potatoes and into
- 0.3 cup butter unsalted
- 16 packets stevia powder
- 0.8 cup skim milk
- 3 large eggs
- 2 teaspoons vanilla extract
- 0.3 teaspoon salt

- 0.5 teaspoon cinnamon
- 0.5 teaspoon nutmeg
- 0.1 teaspoon allspice

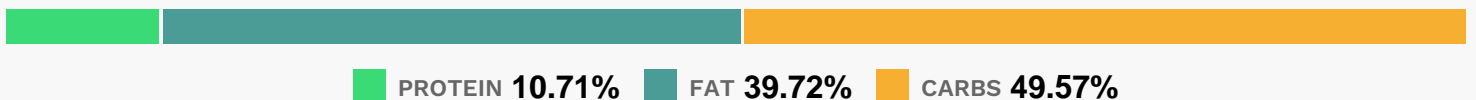
## Equipment

- bowl
- oven
- whisk
- wire rack

## Directions

- Assemble all ingredients; preheat oven to 400&deg;F.
- Prick potatoes several times with a fork and bake until tender 60–75 minutes. Cool potatoes to room temperature.
- Scoop interior flesh of baked potatoes into a medium bowl (no skin). Mash potatoes until smooth.
- Melt butter and add to sweet potatoes.
- In a separate small bowl, whisk together Truvia™ natural sweetener, eggs, vanilla, salt and spices.
- Add egg mixture to potatoes.
- Mix until well combined smooth mixture.
- Carefully transfer pie to oven and bake on bottom rack until filling is just set approx 35–45 minute
- Transfer to a wire rack to cool.
- Garnish with whipped cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:27.41, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:10.947391281957%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 169.4kcal (8.47%), Fat: 7.79g (11.99%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 19.19g (6.98%), Sugar: 4.95g (5.49%), Cholesterol: 85.69mg (28.56%), Sodium: 167.72mg (7.29%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 4.72g (9.45%), Vitamin A: 12349.53IU (246.99%), Manganese: 0.26mg (13.25%), Vitamin B6: 0.22mg (11.2%), Fiber: 2.69g (10.75%), Vitamin B5: 1.06mg (10.63%), Phosphorus: 105.46mg (10.55%), Vitamin B2: 0.18mg (10.53%), Selenium: 7.36µg (10.51%), Potassium: 356.1mg (10.17%), Copper: 0.15mg (7.41%), Calcium: 70.05mg (7.01%), Magnesium: 27.16mg (6.79%), Vitamin B1: 0.1mg (6.68%), Folate: 21.01µg (5.25%), Iron: 0.94mg (5.23%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.73µg (4.89%), Zinc: 0.62mg (4.16%), Vitamin E: 0.59mg (3.91%), Vitamin B3: 0.62mg (3.11%), Vitamin C: 2.05mg (2.49%), Vitamin K: 2.18µg (2.07%)