



Sweet Potato Pie from EAGLE BRAND®

READY IN



45 min.

SERVINGS



8

CALORIES



1307 kcal

Ingredients

- 0.3 cup butter
- 14 ounce condensed milk sweetened canned
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon orange zest grated
- 9 inch pie crust dough
- 0.3 teaspoon salt
- 1 pound sweet potatoes and into cooked peeled
- 1 teaspoon vanilla extract

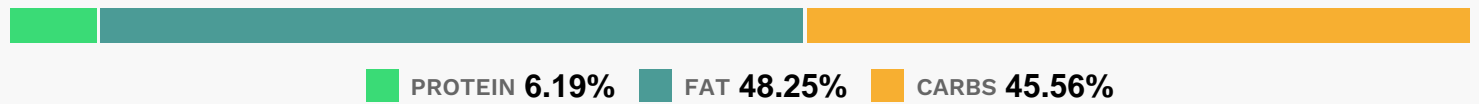
Equipment

- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F. In large mixing bowl, beat hot sweet potatoes with butter until smooth.
- Add remaining ingredients except crust; mix well.
- Pour into pie shell.
- Bake 40 minutes or until golden brown. Cool.
- Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:22.15, Inflammation Score:-10, Nutrition Score:26.526521672373%

Flavonoids

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: 1306.61kcal (65.33%), Fat: 69.85g (107.47%), Saturated Fat: 22.69g (141.79%), Carbohydrates: 148.39g (49.46%), Net Carbohydrates: 140.85g (51.22%), Sugar: 29.54g (32.82%), Cholesterol: 57.79mg (19.26%), Sodium: 1169.74mg (50.86%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 20.15g (40.31%), Vitamin A: 8493.79IU (169.88%), Manganese: 1.2mg (59.95%), Vitamin B1: 0.71mg (47.6%), Folate: 174.72µg (43.68%), Vitamin B2: 0.68mg (39.84%), Iron: 6.51mg (36.19%), Selenium: 23.9µg (34.14%), Phosphorus: 338.35mg (33.84%), Vitamin B3: 6.52mg (32.58%), Fiber: 7.54g (30.15%), Calcium: 212.41mg (21.24%), Vitamin B5: 1.91mg (19.14%), Potassium: 614.78mg (17.57%), Vitamin K: 17.85µg (17%), Magnesium: 63.08mg (15.77%), Vitamin B6: 0.28mg (13.85%), Copper: 0.27mg (13.69%), Zinc: 1.8mg (12.01%), Vitamin E: 1.6mg (10.69%), Vitamin B12: 0.32µg (5.39%), Vitamin C: 3.02mg (3.66%), Vitamin D: 0.32µg (2.13%)