



Sweet Potato Pie from the LACTAID® Brand

READY IN



90 min.

SERVINGS



16

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 3 eggs separated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup lactaid® milk fat free
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 2 9-inch pie crusts prepared ()
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

- ☐ 2 cups sweet potatoes mashed
- ☐ 2 teaspoons vanilla extract

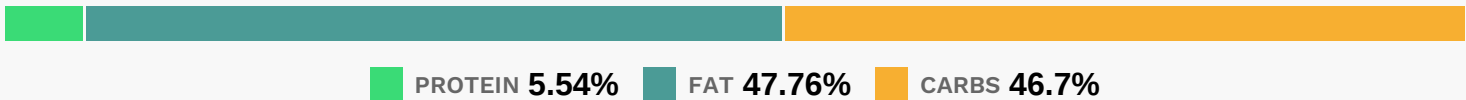
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Puree mashed sweet potatoes, sugar and egg yolks together in a food processor or blender until smooth.
- ☐ Pour into a large mixing bowl.
- ☐ Add cinnamon, nutmeg, salt, vanilla, lemon juice, melted butter and LACTAID® Fat Free Milk.
- ☐ Mix well. In separate bowl, whip egg whites using an electric mixer until soft peaks form.
- ☐ Whisk egg whites into pie filling.
- ☐ Pour filling into prepared pie crusts.
- ☐ Bake pies in middle of the oven for 60–70 minutes or until the center of the pie is lightly firm to the touch. Cool pie on wire rack.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:10.65, Inflammation Score:-9, Nutrition Score:6.0913043903268%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.86kcal (12.34%), Fat: 13.16g (20.25%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 27.78g (10.1%), Sugar: 14.09g (15.65%), Cholesterol: 46.4mg (15.47%), Sodium: 247.87mg (10.78%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 3.44g (6.87%), Vitamin A: 2612.23IU (52.24%), Manganese: 0.17mg (8.63%), Vitamin B2: 0.12mg (6.81%), Selenium: 4.51µg (6.45%), Vitamin B1: 0.09mg (6.3%), Phosphorus: 60.6mg (6.06%), Folate: 23.89µg (5.97%), Iron: 0.91mg (5.08%), Fiber: 1.18g (4.74%), Vitamin B5: 0.42mg (4.24%), Vitamin B3: 0.8mg (4%), Calcium: 37.37mg (3.74%), Vitamin B6: 0.07mg (3.55%), Potassium: 120.97mg (3.46%), Vitamin B12: 0.17µg (2.9%), Magnesium: 11.22mg (2.81%), Vitamin E: 0.41mg (2.74%), Copper: 0.05mg (2.65%), Vitamin K: 2.67µg (2.54%), Zinc: 0.35mg (2.33%), Vitamin D: 0.33µg (2.22%)