



Sweet Potato Pie III

READY IN



60 min.

SERVINGS



8

CALORIES



228 kcal

Ingredients

- 1 9-inch unbaked deep dish pie crust ()
- 3 eggs beaten
- 1 cup evaporated milk
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 2 cups sweet potatoes mashed

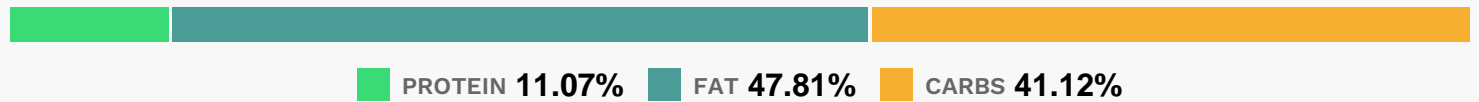
Equipment

- bowl
- oven
- knife

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix the sweet potatoes, eggs, evaporated milk, cinnamon, nutmeg, cloves and salt.
- Pour into the pie crust.
- Bake at 350 degrees F (175 degrees C) for 50 minutes, or until a knife inserted in center comes out clean. Top with whipped topping or serve warm with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:10.863043505213%

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: 228.37kcal (11.42%), Fat: 12.14g (18.68%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 21.92g (7.97%), Sugar: 4.66g (5.17%), Cholesterol: 70.51mg (23.5%), Sodium: 320.39mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Vitamin A: 4882.53IU (97.65%), Manganese: 0.31mg (15.6%), Vitamin B2: 0.24mg (13.88%), Phosphorus: 131.94mg (13.19%), Calcium: 110.3mg (11.03%), Selenium: 7.28µg (10.39%), Folate: 35.81µg (8.95%), Vitamin B5: 0.82mg (8.23%), Vitamin B1: 0.11mg (7.47%), Potassium: 258.16mg (7.38%), Iron: 1.22mg (6.8%), Vitamin B6: 0.13mg (6.37%), Fiber: 1.57g (6.29%), Magnesium: 22.63mg (5.66%), Vitamin K: 5.24µg (4.99%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.69mg (4.63%), Copper: 0.09mg (4.6%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.36µg (2.41%), Vitamin C: 1.41mg (1.71%)