



Sweet Potato Pie IV

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



364 kcal

DESSERT

Ingredients

- 2 tablespoons brown sugar packed
- 2 tablespoons brown sugar packed
- 1 tablespoon butter melted
- 2 tablespoons corn syrup dark
- 1 eggs
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 teaspoon maple extract flavored

- 1 teaspoon orange zest
- 1 cup pecans chopped
- 0.3 teaspoon salt
- 1 pound sweet potatoes and into
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- hand mixer

Directions

- Boil sweet potato whole in skin for 40 to 50 minutes until done. Run cold water over the sweet potato, and remove the skin. Break apart in a large bowl.
- Melt 1/4 cup butter or margarine, and pour it in the bowl with the sweet potatoes. Beat with an electric mixer until smooth. Blend in sweetened condensed milk, cinnamon, orange rind, vanilla, nutmeg, salt, and 1 egg.
- Pour into the unbaked crust.
- Bake at 425 degrees F (220 degrees C) for 20 minutes.
- Remove the pie from the oven and reduce the temperature to 350 degrees F (175 degrees C).
- While the pie is baking, prepare the topping.
- Mix together 1 egg, corn syrup, brown sugar, 1 tablespoon melted butter, maple flavoring, and pecans.
- Mix thoroughly.
- Sprinkle over pie.
- Bake for another 25 minutes until set.

Nutrition Facts



PROTEIN 7.23% FAT 38.65% CARBS 54.12%

Properties

Glycemic Index:43, Glycemic Load:26.02, Inflammation Score:-10, Nutrition Score:14.3469565433%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 364.06kcal (18.2%), Fat: 16.15g (24.84%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 47.68g (17.34%), Sugar: 40.11g (44.57%), Cholesterol: 41.09mg (13.7%), Sodium: 196.23mg (8.53%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 6.8g (13.6%), Vitamin A: 8259.33IU (165.19%), Manganese: 0.82mg (41.09%), Phosphorus: 202.57mg (20.26%), Calcium: 180.15mg (18.02%), Vitamin B2: 0.29mg (16.81%), Selenium: 10.15µg (14.5%), Copper: 0.27mg (13.45%), Potassium: 452.21mg (12.92%), Fiber: 3.19g (12.78%), Vitamin B1: 0.18mg (12.17%), Magnesium: 45.73mg (11.43%), Vitamin B5: 1.04mg (10.41%), Vitamin B6: 0.19mg (9.3%), Zinc: 1.34mg (8.93%), Iron: 0.97mg (5.4%), Vitamin B12: 0.27µg (4.5%), Folate: 17.57µg (4.39%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.52mg (3.48%), Vitamin B3: 0.6mg (3.01%), Vitamin K: 2.01µg (1.92%), Vitamin D: 0.21µg (1.39%)