



## Sweet Potato Pie IX

READY IN



80 min.

SERVINGS



16

CALORIES



356 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 4 eggs beaten
- 0.8 cup evaporated milk
- 0.5 teaspoon ground nutmeg
- 3 sweet potatoes
- 2 9-inch unbaked pie crusts ()
- 1 tablespoon vanilla extract
- 2.5 cups sugar white

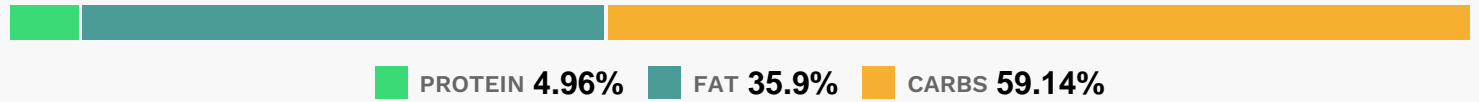
# Equipment

- bowl
- oven
- whisk
- pot

# Directions

- Bring a large pot of water to a boil.
- Add sweet potatoes and cook until tender but still firm, about 30 minutes.
- Drain, cool, peel and mash. Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine sweet potatoes, butter, sugar, vanilla and nutmeg. In a small bowl, whisk together the eggs and milk and blend into the sweet potato mixture.
- Pour into pie shells and bake in preheated oven for 60 minutes, or until done.

# Nutrition Facts



# Properties

Glycemic Index:15.51, Glycemic Load:26.04, Inflammation Score:-10, Nutrition Score:9.5982609106147%

# 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: 356.21kcal (17.81%), Fat: 14.35g (22.08%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 51.3g (18.65%), Sugar: 34.31g (38.12%), Cholesterol: 59.6mg (19.87%), Sodium: 199.71mg (8.68%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 4.46g (8.92%), Vitamin A: 6276.96IU (125.54%), Manganese: 0.23mg (11.43%), Vitamin B2: 0.17mg (9.71%), Phosphorus: 85.56mg (8.56%), Selenium: 5.59µg (7.98%), Fiber: 1.91g (7.64%), Vitamin B1: 0.11mg (7.49%), Folate: 28.54µg (7.13%), Vitamin B5: 0.69mg (6.92%), Iron: 1.14mg (6.35%), Potassium: 221.77mg (6.34%), Vitamin B6: 0.13mg (6.31%), Calcium: 56.67mg (5.67%), Copper: 0.1mg (4.8%), Vitamin B3: 0.95mg (4.75%), Magnesium: 18.85mg (4.71%), Vitamin E: 0.52mg (3.49%), Zinc: 0.48mg (3.23%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.23µg (1.55%), Vitamin C: 1.24mg (1.51%)