

## Sweet Potato Pie V

READY IN



75 min.

SERVINGS



8

CALORIES



1634 kcal

DESSERT

### Ingredients

- 1 cup butter room temperature
- 4 egg yolk
- 0.3 teaspoon nutmeg
- 1 cup half and half
- 9 inch pie crust dough
- 3 cups sweet potatoes and into cooked mashed
- 1 teaspoon vanilla extract
- 3 cups granulated sugar white

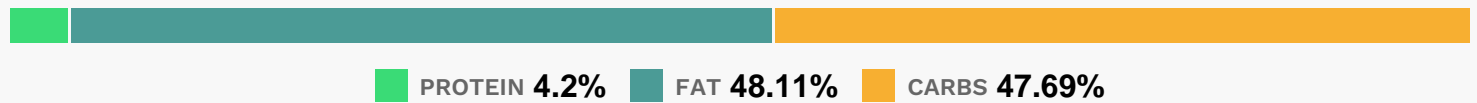
# Equipment

- bowl
- oven

# Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a large bowl, combine the hot sweet potatoes; mash with butter. Stir in sugar and allow to cool slightly.
- Beat in the egg yolks one at a time, mixing thoroughly after each addition. Blend in cream and vanilla.
- Pour into pie shell and dust top with grated nutmeg.
- Bake 10 minutes at 400 degrees F (200 degrees C). Reduce oven temperature to 375 degrees F (190 degrees C), and bake until center is set, about 35 minutes more.

# Nutrition Facts



# Properties

Glycemic Index:31.01, Glycemic Load:57.33, Inflammation Score:-10, Nutrition Score:24.417391072149%

# 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: 1633.72kcal (81.69%), Fat: 87.82g (135.11%), Saturated Fat: 35.95g (224.71%), Carbohydrates: 195.86g (65.29%), Net Carbohydrates: 188.73g (68.63%), Sugar: 78.33g (87.04%), Cholesterol: 168.79mg (56.26%), Sodium: 1153.71mg (50.16%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 17.27g (34.53%), Vitamin A: 8024.04IU (160.48%), Manganese: 1.13mg (56.72%), Vitamin B1: 0.68mg (45.62%), Folate: 177.93µg (44.48%), Iron: 6.46mg (35.89%), Vitamin B3: 6.4mg (32.01%), Vitamin B2: 0.54mg (31.97%), Fiber: 7.13g (28.54%), Selenium: 19.87µg (28.38%), Phosphorus: 256.25mg (25.63%), Vitamin K: 19.77µg (18.82%), Vitamin B5: 1.7mg (16.98%), Vitamin E: 2.13mg (14.21%), Vitamin B6: 0.26mg (13.22%), Copper: 0.26mg (13%), Potassium: 445.34mg (12.72%), Magnesium: 50.44mg (12.61%), Calcium: 109.42mg (10.94%), Zinc: 1.52mg (10.15%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.49µg (3.24%), Vitamin C: 1.47mg (1.78%)