



Sweet Potato Pie VIII

READY IN



75 min.

SERVINGS



8

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup milk
- ☐ 2 cups sweet potatoes mashed
- ☐ 1 9-inch unbaked pie crust ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream light

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0.8 cup sugar white

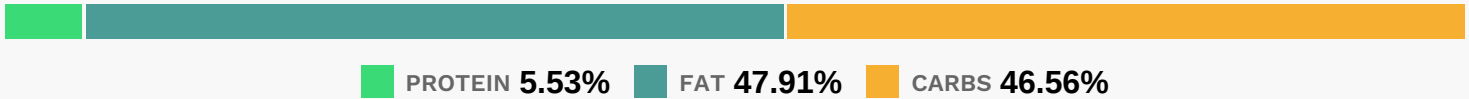
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine the potatoes and melted butter in a mixing bowl. Stir the eggs, sugar, milk, nutmeg, vanilla, lemon juice, and light whipping cream into the potato mixture. Beat until well blended and smooth; pour into the pie shell.
- ☐ Bake in preheated oven for 50 to 60 minutes, until toothpick inserted in center comes out clean.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:16.82, Inflammation Score:-10, Nutrition Score:9.8239129418912%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 335.63kcal (16.78%), Fat: 18.05g (27.78%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 37.82g (13.75%), Sugar: 21.87g (24.3%), Cholesterol: 71.76mg (23.92%), Sodium: 182.91mg (7.95%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 4.69g (9.37%), Vitamin A: 5164.1IU (103.28%), Vitamin B2: 0.18mg (10.53%), Manganese: 0.21mg (10.32%), Phosphorus: 89mg (8.9%), Selenium: 6.05µg (8.65%),

Vitamin B1: 0.12mg (7.77%), Folate: 27.92µg (6.98%), Vitamin B5: 0.67mg (6.7%), Fiber: 1.66g (6.64%), Vitamin B6: 0.12mg (6.1%), Calcium: 60.8mg (6.08%), Iron: 1.08mg (5.99%), Potassium: 206.6mg (5.9%), Vitamin D: 0.71µg (4.73%), Vitamin B3: 0.91mg (4.56%), Magnesium: 17.79mg (4.45%), Vitamin B12: 0.25µg (4.24%), Copper: 0.08mg (4.11%), Vitamin E: 0.59mg (3.95%), Zinc: 0.5mg (3.3%), Vitamin K: 3.37µg (3.21%), Vitamin C: 2.34mg (2.84%)