



Sweet Potato Pie with Spiced Cream Topping

READY IN



180 min.

SERVINGS



12

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 0.8 teaspoon ground cinnamon divided
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds sweet potatoes
- ☐ 14 ounce condensed milk fat-free sweetened divided canned

☐ 0.5 teaspoon vanilla extract

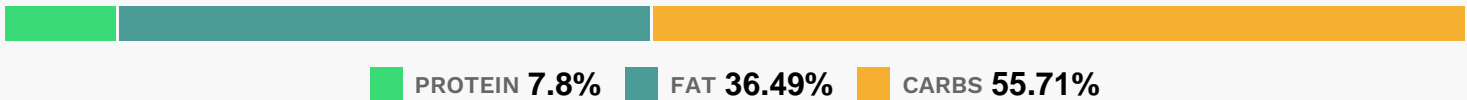
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Wrap potatoes in aluminum foil.
- ☐ Bake potatoes at 350 for 1 1/2 hours or until tender, and discard foil.
- ☐ Let stand 10 minutes; peel.
- ☐ Place flesh in a large bowl; discard skins. Mash flesh with fork. Stir in fat-free milk, 1/4 cup sweetened condensed milk, sugar, butter, 1/2 teaspoon cinnamon, vanilla, and salt. Stir in eggs.
- ☐ Fit dough into a 9 1/2-inch pie plate coated with cooking spray. Press dough against bottom and sides of pan. Fold edges under, and flute. Spoon sweet potato mixture into prepared crust.
- ☐ Bake at 350 for 45 minutes or until set.
- ☐ Place the remaining 1/4 teaspoon cinnamon and cream cheese in a medium bowl. Beat with an electric mixer until combined.
- ☐ Add 1/2 cup plus 2 tablespoons sweetened condensed milk to cheese mixture; reserve remaining milk for another use. Beat at medium speed until well blended. Carefully pour cream mixture evenly over pie.
- ☐ Let stand 10 minutes.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:16.72, Inflammation Score:-10, Nutrition Score:12.436086955278%

Flavonoids

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: 350.31kcal (17.52%), Fat: 14.28g (21.97%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 46.45g (16.89%), Sugar: 23.67g (26.3%), Cholesterol: 47.47mg (15.82%), Sodium: 288.37mg (12.54%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 6.87g (13.74%), Vitamin A: 8250.1IU (165%), Vitamin B2: 0.28mg (16.28%), Manganese: 0.32mg (16.11%), Phosphorus: 158.86mg (15.89%), Selenium: 9.89µg (14.13%), Calcium: 135.27mg (13.53%), Vitamin B1: 0.17mg (11.53%), Potassium: 374.3mg (10.69%), Fiber: 2.6g (10.4%), Vitamin B5: 1mg (9.96%), Folate: 37.35µg (9.34%), Vitamin B6: 0.17mg (8.58%), Iron: 1.45mg (8.07%), Magnesium: 30mg (7.5%), Vitamin B3: 1.31mg (6.53%), Copper: 0.12mg (6.18%), Zinc: 0.77mg (5.16%), Vitamin B12: 0.26µg (4.39%), Vitamin K: 3.88µg (3.69%), Vitamin E: 0.5mg (3.32%), Vitamin C: 2.23mg (2.7%), Vitamin D: 0.31µg (2.05%)