

DESSERT

Sweet Potato Pudding

6 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
100 min	100 min	8	\$1.50	502 kcal



If you have approximately 1 hour and 40 minutes to spend in the kitchen, Sweet Potato Pudding might be a tremendous lacto ovo vegetarian recipe to try. This recipe serves 8 and costs \$1.5 per serving. One portion of this dish contains roughly 6g of protein, 24g of fat, and a total of 502 calories.

Ingredients

- ☐ 8 servings Softened butter, for the pan

☐ 3 cups coconut milk

☐ ¼ cup evaporated milk

☐ ½ teaspoon ground cinnamon

☐ ¼ teaspoon ground nutmeg

☐ ½ teaspoon vanilla extract
- ☐ ¼ cup shredded coconut

☐ 1 cup packed dark brown sugar

☐ ¼ cup all-purpose flour, plus more for the pan

☐ ½ teaspoon ground ginger

☐ ¼ cup raisins

☐ 3 pounds white-fleshed sweet potatoes, called boniato or batata

Method

- 1

Preheat oven to 350 degrees F.
- 2

Butter and flour a 9 by 13-inch baking dish.
- 3

Using the grater attachment on a food processor, grate the potatoes and put in a large bowl.
- 4

Add the flour, coconut, raisins, vanilla, cinnamon, ginger, and nutmeg and mix well.
- 5

Heat the sugar, coconut milk, and evaporated milk in a saucepan over low heat until the sugar is dissolved, about 4 minutes.
- 6

Pour the coconut milk mixture into the potato mixture and mix well.
- 7

Pour the mixture into the baking dish, smooth the top, and bake until set, about 1 1/2 hours.

Nutrition per serving			
	502	6 g	24 g
	KCAL	PROTEIN	FAT
			72 g
			CARBS
Saturated Fat			19.8 g · 124% of daily needs
Fibre			5.8 g · 23% of daily needs
Sugar			34.8 g · 39% of daily needs
Sodium			155 mg · 7% of daily needs
Cholesterol			13 mg · 4% of daily needs
Vitamin C			5.4 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sweet-potato-pudding-148429