

Sweet Potato Pie

Ingredients:

- 3 cups sweet potatoes, cooked, skin removed and mashed
- 3 large eggs, beaten
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 cup evaporated skim milk
- 1 teaspoon vanilla extract
- 1 pie crust (9 inch)

Equipment:

- Mixing bowl
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 8
 Prep Time: 10 minutes
 Total Time: 1 hour & 10 minutes

Directions

1. Preheat oven to 350F.
2. Wash sweet potatoes and place in saucepan. Cover with water and bring to a boil. Reduce heat and cook until tender, about 20 minutes. Drain.
3. After sweet potatoes have cooled, peel skin off and mash. Measure three cups, save rest for other uses. Set aside.
4. Tap egg on side on a hard surface to crack. Pull apart and empty into a small bowl. Check for freshness. if it is OK, add to bowl. Repeat for remaining eggs. Beat eggs lightly to mix white and yolk together. Be sure to wash hands after handling eggs.
5. To measure brown sugar, use a 1/4 cup measuring cup, and add brown sugar and pack in cup until sugar is level with top of cup. Add to bowl with eggs.
6. Add sugar, salt, and nutmeg. Mix together. Add milk and vanilla. Stir. Add sweet potatoes and mix well. Pour mixture into pie shell.
7. Bake for 60 minutes or until crust is golden brown. Cool and cut into 8 slices.

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Nutrition Facts

Serving Size: 1 slice	
Servings: 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
%Daily Value*	
Total Fat 8g	13%
Saturated Fat 2g	2%
Cholesterol 80mg	27%
Sodium 323mg	13%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Protein 5g	10%
Vitamin A 202%	Vitamin C 19%
Iron 7%	Calcium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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