

Gramma's Sweet Potato Pie

This Southern Sweet Potato Pie combines cozy, nostalgic flavor with a surprisingly nutrient-rich base: sweet potatoes are high in vitamins A and C, potassium, and fiber, which support immune health and digestion, while remaining a tasty dessert. This should be enjoyed as an occasional dessert due to the sugar and saturated fat content.

Yields: 8 Servings

Ingredients:

- 3 tablespoons flour
- 1 2/3 cup sugar
- 1 cup mashed, cooked sweet potatoes
- 3/4 cup evaporated milk
- 1/2 cup butter, at room temperature
- 1/4 cup light corn syrup
- 2 eggs, at room temperature
- 1/4 teaspoon ground nutmeg
- 1 pinch salt
- 1 (9-inch size) pie shell, unbaked



Instructions:

1. Preheat the oven to 350 degrees F.
2. In a mixing bowl, stir together the flour and sugar. Add the sweet potatoes, evaporated milk, butter, corn syrup, eggs, nutmeg and salt and mix on medium speed with an electric mixer.
3. Pour the sweet potato filling into the unbaked pie shell. Place in the oven and bake at 350 degrees F for 55-60 minutes or until the pie is set in the middle.
4. Remove from the oven and let cool on a wire rack then chill completely.

Per serving: Calories: 376 Kcal: Carbohydrates: 60g Sugars: 52g Protein: 4g Saturated Fat: 8g Sodium: 364mg