Louisiana HARVEST of the MONTH

Sweet Potato Pie

Home Recipe

Serves: 12
Prep Time: 20
Cook Time: 3 hr

Ingredients

- 4 medium sweet potatoes
- ½ stick butter, softened.
- 1/4 cup sugar
- 3/4 cup brown sugar
- 2 eggs, beaten.
- 1 teaspoon pure vanilla extract
- 1/2 tsp ground cinnamon
- 1/8 tsp ground ginger
- 1/8 tsp ground nutmeg
- 1/8 tsp ground allspice
- ½ tsp salt
- 3/4 cup evaporated milk
- 1 unbaked pie crust

Nutrition Facts

servings per container
Serving size **(145g)**

Amount per serving
Calories **260**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 170mg	**7%**
Total Carbohydrate 43g	**16%**
Dietary Fiber 3g	**11%**
Total Sugars 21g	
Includes 16g Added Sugars	**32%**
Protein 4g	
Vitamin D 1mcg	6%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 360mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Purchase or prepare a single crust pie shell. Preheat the oven to 350-degree F. Bake the sweet potatoes for 1 hour in the oven on a baking sheet. When they are done, let them cool. Scrape the pulp out of the skin, transfer to a large bowl, and mash. Set it aside.
2) In a medium bowl, beat together butter, sugar, and brown sugar until creamy. Add eggs, vanilla, cinnamon, ginger, nutmeg, allspice, and salt. Add evaporated milk and stir the mixture into the mashed sweet potatoes. Beat the mixture together with mixer until smooth and pour into an unbaked pie shell.
3) Bake on bottom rack of oven for 1 hour or until center of pie is firm. Serve warm.

LSU AgCenter
Research · Extension · Teaching

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.

SEEDS to SUCCESS
THE LOUISIANA FARM TO SCHOOL PROGRAM