



## Sweet Potato Pie

**Crust:**

1 ¼ cups all purpose flour                      1/3 cup non-fat milk                      2 tablespoons vegetable oil

**Filling:**

3 tablespoons white sugar                      ¼ teaspoon nutmeg                      1 teaspoon vanilla extract  
 3 tablespoons brown sugar                      3 large each beaten eggs                      3 cups sweet potatoes, cooked,  
 ½ teaspoon salt                      ¼ cup canned evaporated milk, non-fat                      skin removed and mashed

Preheat oven to 350°.

**Crust:**

Combine the flour and sugar in a bowl. Add milk and oil to the flour mixture. Stir with fork until well mixed and then form pastry into a smooth ball with your hands. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reached edge of paper. Peel off top paper and invert crust into pie plate.

**Filling:**

Combine sugars, salt, spices and eggs. Add milk and vanilla. Stir. Add sweet potatoes and mix well. Pour mixture into pie shell. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Adapted from: Heart Healthy Home Cooking African American Style, p. 24-25  
**National Heart, Lung and Blood Institute (NHLBI)**

| <b>Nutrition Facts</b>   |                              |
|--|------------------------------|
| Serving Size (96g)   |                              |
| Servings Per Container   |                              |
| <b>Amount Per Serving</b>  |                              |
| <b>Calories 130</b>  | <b>Calories from Fat 25</b>  |
| <b>% Daily Value*</b>  |                              |
| <b>Total Fat 3g</b>  | <b>4%</b>                    |
| Saturated Fat 0.5g   | <b>3%</b>                    |
| <b>Cholesterol 35mg</b>  | <b>12%</b>                   |
| <b>Sodium 110mg</b>  | <b>5%</b>                    |
| <b>Total Carbohydrate 24g</b>  | <b>8%</b>                    |
| Dietary Fiber 2g   | <b>7%</b>                    |
| Sugars 9g  |                              |
| Protein 3g   |                              |
| <b>Vitamin A 200%</b>  | <b>Vitamin C 15%</b>         |
| <b>Calcium 4%</b>  | <b>Iron 6%</b>               |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                              |
|  | Calories: 2,000    2,500     |
| Total Fat  | Less than 65g    80g         |
| Saturated Fat  | Less than 20g    25g         |
| Cholesterol  | Less than 300mg    300mg     |
| Sodium   | Less than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |