



Find More recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Nutrition Information

Nutrients	Amount
Calories	320
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	54 g
Dietary Fiber	3 g
Total Sugars	36 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Sweet Potato Pie

Makes: 8 servings

Ingredients

4 egg whites

1/4 cup orange juice (fresh)

1 teaspoon cinnamon (ground)

1/4 teaspoon nutmeg (ground)

3/4 cup brown sugar

1/2 teaspoon orange rind

1/4 teaspoon allspice (ground)

1/2 cup skim milk

2 tablespoons unsalted margarine (melted)

1 pinch salt

2 cups sweet potatoes (mashed)

1 pie crust (9 inch, unbaked)

Directions

1. Beat egg whites well.
2. Add sugar, orange juice, orange rind, spices, margarine and salt.
3. Add mashed sweet potatoes and mix thoroughly.
4. Pour into pie shell and bake in preheated 350° oven for 1 hour or until firm.

Source: Ohio Commission on Minority Health Opening the Door to Good Health Cookbook, Healthy Recipes from Around the World