

Glory's Sweet Potato Pie

Glory Foods, Inc.

1 can (15 ounce) Glory Foods sweet potato casserole
3 tablespoons butter, melted
2 large eggs
1 cup sweetened condensed milk
1 teaspoon vanilla extract
1 teaspoon cornstarch
1 nine-inch frozen pie shell

Preheat the oven to 400 degrees. Set a rack in the center of the oven and place a cookie sheet on the center rack.

In a large mixing bowl, combine the butter, eggs, condensed milk and vanilla. Blend in the cornstarch and mix.

Add the sweet potato and mix thoroughly until smooth. Pour the mixture into the prepared pie shell. Place the filled pie shell on the cookie sheet in the oven.

Bake for 10 minutes. Reduce the heat in the oven to 300 degrees and bake for approximately 40 minutes.

Test the filling. The filling is cooked when the tip of a knife inserted in the center is clean when removed. Bake until the filling is set.

Carefully remove the pie from the oven. Allow to cool.

Per Serving (excluding unknown items): 1457 Calories; 71g Fat (43.4% calories from fat); 37g Protein; 171g Carbohydrate; trace Dietary Fiber; 621mg Cholesterol; 880mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 13 Fat; 11 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1457	Vitamin B6 (mg):	.3mg
% Calories from Fat:	43.4%	Vitamin B12 (mcg):	2.7mcg

% Calories from Carbohydrates: 46.5%
% Calories from Protein: 10.1%
Total Fat (g): 71g
Saturated Fat (g): 41g
Monounsaturated Fat (g): 21g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 621mg
Carbohydrate (g): 171g
Dietary Fiber (g): trace
Protein (g): 37g
Sodium (mg): 880mg
Potassium (mg): 1282mg
Calcium (mg): 930mg
Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 2792IU
Vitamin A (r.e.): 765RE

Thiamin B1 (mg): .4mg
Riboflavin B2 (mg): 1.8mg
Folacin (mcg): 83mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 13
Other Carbohydrates: 11

Nutrition Facts

Amount Per Serving

Calories 1457 **Calories from Fat:** 633

% Daily Values*

Total Fat 71g	109%
Saturated Fat 41g	207%
Cholesterol 621mg	207%
Sodium 880mg	37%
Total Carbohydrates 171g	57%
Dietary Fiber trace	0%
Protein 37g	
<hr/>	
Vitamin A	56%
Vitamin C	13%
Calcium	93%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.