

sweet potato pie nutrition facts

sweet potato pie nutrition facts provide valuable insight into the composition and health implications of this popular dessert. Sweet potato pie is a traditional Southern dish enjoyed for its rich flavor and creamy texture, often served during holidays and special occasions. Understanding the nutritional profile of sweet potato pie is important for those monitoring their diet, managing health conditions, or simply interested in the benefits and drawbacks of this sweet treat. This article delves into the detailed nutrients found in sweet potato pie, including calories, macronutrients, vitamins, minerals, and potential health impacts. Additionally, it addresses variations in recipes and how ingredient choices affect the overall nutrition. The following sections present an organized exploration of sweet potato pie nutrition facts, highlighting essential components and their roles in diet and wellness.

- Caloric Content and Macronutrients
- Vitamins and Minerals in Sweet Potato Pie
- Health Benefits Associated with Sweet Potato Pie
- Potential Nutritional Concerns
- Variations and Their Nutritional Impact

Caloric Content and Macronutrients

The caloric content and macronutrient breakdown of sweet potato pie are fundamental to understanding its impact on daily dietary intake. Typically, a single serving of sweet potato pie contains a moderate to high amount of calories, largely influenced by sugar, fat, and carbohydrate content.

Calories per Serving

A standard 1/8 slice of sweet potato pie, approximately 125 grams, averages around 300 to 400 calories. This calorie count can vary depending on recipe specifics such as added sugars, butter, and crust type. The calorie source primarily comes from carbohydrates and fats.

Carbohydrates

Carbohydrates constitute the largest macronutrient portion in sweet potato pie, ranging from 40 to 60 grams per serving. The majority are from natural sugars in sweet potatoes and added sugars like brown sugar or granulated sugar. Carbohydrates provide energy but also affect blood sugar levels, an important consideration for individuals with diabetes or insulin resistance.

Fats

Fats in sweet potato pie vary widely based on ingredients such as butter, cream, or eggs. A typical serving contains approximately 12 to 20 grams of fat, with saturated fat accounting for a significant portion. Fats contribute to the creamy texture and flavor but should be consumed in moderation to maintain cardiovascular health.

Proteins

Protein content in sweet potato pie is relatively low, generally between 3 and 6 grams per serving. Eggs and milk used in the filling contribute to this protein amount, which supports muscle maintenance and other bodily functions.

Vitamins and Minerals in Sweet Potato Pie

Sweet potato pie offers several essential vitamins and minerals, deriving both from the sweet potatoes themselves and other ingredients included in the recipe. These micronutrients contribute to the overall nutritional value of the pie.

Vitamin A

One of the most notable nutrients in sweet potato pie is vitamin A, primarily in the form of beta-carotene found in sweet potatoes. A single serving can provide more than 100% of the daily recommended intake of vitamin A, essential for vision, immune function, and skin health.

Vitamin C

Sweet potato pie contains modest amounts of vitamin C, an antioxidant that supports the immune system and aids in collagen production. Although some vitamin C is lost during cooking, the pie still offers a useful contribution to daily intake.

Minerals

Key minerals found in sweet potato pie include potassium, calcium, and iron. Potassium helps regulate blood pressure, calcium is vital for bone health, and iron supports oxygen transport in the blood. These minerals are present in varying amounts depending on the recipe components.

- Potassium: Approximately 400–600 mg per serving
- Calcium: Around 50–100 mg per serving
- Iron: Typically 1–2 mg per serving

Health Benefits Associated with Sweet Potato Pie

Despite being a dessert, sweet potato pie contains nutritional elements that can offer health benefits when consumed in moderation as part of a balanced diet. The presence of sweet potatoes provides antioxidants and fiber, contributing positively to health.

Rich Source of Antioxidants

Sweet potatoes are rich in antioxidants, which help neutralize harmful free radicals in the body. This antioxidant activity can reduce inflammation and lower the risk of chronic diseases such as heart disease and certain cancers.

Dietary Fiber Contribution

The fiber content in sweet potato pie, although not as high as in whole sweet potatoes, still aids digestion and supports gut health. Fiber intake is associated with improved bowel regularity and may assist in controlling blood sugar levels.

Energy Provision

Sweet potato pie offers a quick source of energy due to its carbohydrate and fat content. This makes it a suitable occasional treat for individuals requiring energy-dense foods, such as athletes or those with high caloric needs.

Potential Nutritional Concerns

While sweet potato pie has nutritional benefits, certain aspects may raise concerns for specific populations or when consumed excessively. Understanding these factors is crucial for making informed dietary choices.

High Sugar Content

Sweet potato pie recipes often include significant amounts of added sugars, which can contribute to excessive calorie intake and increased risk of metabolic diseases if consumed in large quantities. Monitoring sugar intake is particularly important for individuals with diabetes or prediabetes.

Saturated Fat and Cholesterol

Butter, eggs, and cream used in traditional sweet potato pie recipes contribute saturated fat and cholesterol, which may impact heart health if consumed in excess. Choosing recipes with reduced-fat ingredients can help mitigate this concern.

Caloric Density

The high calorie density of sweet potato pie means that portion control is important to avoid unintended weight gain. Combining sweet potato pie with a balanced diet and active lifestyle can help manage caloric intake effectively.

Variations and Their Nutritional Impact

Different recipes and preparation methods can significantly alter the sweet potato pie nutrition facts. Variations in ingredients affect caloric content, macronutrient distribution, and micronutrient availability.

Crust Types

The type of crust used—traditional pastry, graham cracker, or gluten-free options—can change the fat and carbohydrate content. For example, a graham cracker crust may add more sugar and calories, while a whole-grain crust can increase fiber content.

Sweeteners

Substituting refined sugars with natural sweeteners such as honey, maple syrup, or artificial sweeteners can alter the glycemic impact and caloric value of the pie. Some alternatives may offer additional nutrients or lower calorie content.

Dairy and Egg Substitutes

Using plant-based milk or egg replacers can modify fat and cholesterol levels, making the pie more suitable for vegan diets or those with dairy intolerance. These substitutions can also affect texture and flavor.

- Traditional crust vs. alternative crusts impact on calories and fat
- Effect of different sweeteners on sugar content
- Influence of dairy and egg substitutes on overall nutrition

Frequently Asked Questions

What are the main nutritional components of sweet potato pie?

Sweet potato pie primarily contains carbohydrates from sweet potatoes and sugar, moderate amounts of fat from butter or shortening, and protein from eggs and milk used in the recipe.

Is sweet potato pie high in calories?

Sweet potato pie can be moderately high in calories due to added sugar, butter, and pie crust, with an average slice containing around 300-400 calories.

How much sugar is typically in a slice of sweet potato pie?

A slice of sweet potato pie may contain approximately 15-25 grams of sugar, depending on the recipe and portion size.

Does sweet potato pie provide dietary fiber?

Yes, sweet potato pie provides some dietary fiber, mainly from the sweet potatoes, with a slice offering around 2-3 grams of fiber.

Is sweet potato pie a good source of vitamins?

Sweet potato pie is a good source of vitamin A, thanks to the beta-carotene in sweet potatoes, and also contains small amounts of vitamin C and some B vitamins.

How much fat is in a typical serving of sweet potato pie?

A typical slice of sweet potato pie contains around 10-15 grams of fat, including saturated fat from butter or shortening used in the crust and filling.

Can sweet potato pie fit into a diabetic diet?

Sweet potato pie contains sugars and carbohydrates that can affect blood sugar levels, so it should be consumed in moderation and with consideration to overall carbohydrate intake in a diabetic diet.

Are there ways to make sweet potato pie healthier nutritionally?

Yes, you can reduce sugar content, use a whole wheat or nut-based crust, substitute butter with healthier fats, and add spices for flavor to make sweet potato pie healthier.

How does sweet potato pie compare nutritionally to pumpkin pie?

Both pies have similar calorie and carbohydrate content, but sweet potato pie generally has more vitamin A and fiber due to the sweet potatoes, while pumpkin pie may have slightly fewer calories and fat.

Is sweet potato pie gluten-free?

Traditional sweet potato pie is not gluten-free due to the wheat-based pie

crust, but it can be made gluten-free by using gluten-free crust alternatives.

Additional Resources

1. *The Nutritional Power of Sweet Potato Pie*

This book dives deep into the health benefits of sweet potato pie, exploring its rich nutrient content such as vitamins A and C, fiber, and antioxidants. It offers detailed breakdowns of calories, sugars, and fats found in traditional and modern recipes. Readers will learn how to enjoy this classic dessert while maintaining a balanced diet.

2. *Sweet Potato Pie: A Nutritional Guide for Healthy Eating*

Focused on the nutritional aspects of sweet potato pie, this guide helps readers understand how different ingredients affect the pie's health profile. It includes tips on reducing sugar and fat without sacrificing flavor. The book also features comparisons between homemade and store-bought versions.

3. *Deliciously Nutritious: Sweet Potato Pie Recipes and Facts*

Combining tasty recipes with nutritional insights, this book is perfect for those who want to indulge wisely. Each recipe comes with a detailed nutritional facts panel and suggestions for healthier ingredient swaps. It emphasizes the importance of portion control and balanced ingredients.

4. *Sweet Potato Pie: Health Benefits and Nutritional Facts Explained*

This book breaks down the science behind sweet potato pie's health benefits, including its role in supporting vision, immunity, and digestion. It explains how sweet potatoes contribute essential nutrients and how the pie fits into overall healthy eating. Practical advice on ingredient choices is also provided.

5. *The Complete Sweet Potato Pie Nutrition Handbook*

A comprehensive resource, this handbook offers in-depth nutritional analysis of various sweet potato pie recipes from traditional to vegan and gluten-free options. It covers macronutrient and micronutrient content and suggests ways to enhance nutritional value. The book is ideal for dietitians and home cooks alike.

6. *Sweet Potato Pie: Calories, Carbs, and More*

Targeting those mindful of their carbohydrate and calorie intake, this book provides clear data on what to expect from sweet potato pie servings. It explains how the glycemic index of ingredients affects blood sugar and offers tips for diabetics. The book also discusses the balance between indulgence and health.

7. *Healthy Sweet Potato Pie: Balancing Taste and Nutrition*

This book shows how to create sweet potato pies that satisfy cravings without compromising nutrition. It focuses on ingredient substitutions like natural sweeteners, whole grain crusts, and reduced-fat dairy. Nutritional facts accompany each recipe to help readers make informed choices.

8. *Sweet Potato Pie and Its Role in a Nutritious Diet*

Exploring cultural and dietary perspectives, this book places sweet potato pie within the context of a balanced diet. It discusses nutrient density, portion sizes, and how to incorporate this dessert into healthy meal plans. Readers gain insights into making mindful dessert decisions.

9. *Understanding Sweet Potato Pie Nutrition: From Ingredients to Serving*

This informative book guides readers through the nutritional components of sweet potato pie from raw ingredients to the final baked product. It covers vitamins, minerals, fats, and sugars, and explains how cooking methods impact nutrition. The book is a practical tool for health-conscious bakers.

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