

Sweet Potato Pone

*Mrs Charles F Hartman
St Timothy's - Hale Schools - Raleigh, NC - 1976*

*3 cups raw sweet potatoes,
grated
1 cup milk
1 teaspoon nutmeg
2 tablespoons butter
3/4 cup sugar
2 eggs, well beaten
1/2 cup nuts
1/4 teaspoon salt*

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients.

Grease a pan. Turn the mixture into the pan.
Dot the mixture with butter.

Bake for 20 to 30 minutes or until set.

Per Serving (excluding unknown items): 1532 Calories; 82g Fat (46.6% calories from fat); 33g Protein; 178g Carbohydrate; 8g Dietary Fiber; 519mg Cholesterol; 1036mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Non-Fat Milk; 14 Fat; 10 Other Carbohydrates.