



Brandy Pumpkin Pie Milk Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



335 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons brandy
- 0.3 teaspoon pumpkin pie spice
- 2 tablespoons milk
- 0.1 slice pumpkin pie filling/mix cold cut into chunks (from 9-inch pie)
- 2 cups whipped cream softened

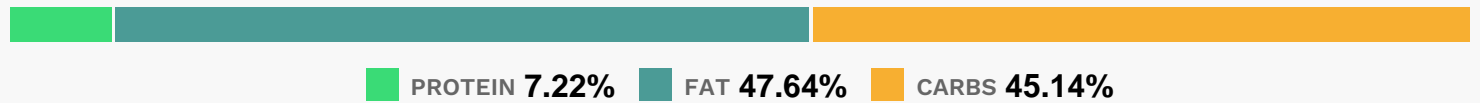
Equipment

- blender

Directions

- In blender, place ice cream, brandy, milk and pumpkin pie spice. Cover and blend on high speed until smooth and creamy.
- Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- Pour into 2 glasses; top with sweetened whipped cream and garnish with cinnamon stick.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:18.71, Inflammation Score:-4, Nutrition Score:5.8726087082987%

Nutrients (% of daily need)

Calories: 335.14kcal (16.76%), Fat: 15.03g (23.13%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 31.08g (11.3%), Sugar: 28.72g (31.92%), Cholesterol: 59.88mg (19.96%), Sodium: 111.79mg (4.86%), Alcohol: 7.51g (100%), Alcohol %: 5.61% (100%), Protein: 5.13g (10.25%), Vitamin B2: 0.34mg (19.93%), Calcium: 189.14mg (18.91%), Phosphorus: 154.97mg (15.5%), Vitamin A: 585.86IU (11.72%), Vitamin B12: 0.6µg (9.93%), Vitamin B5: 0.82mg (8.24%), Potassium: 287.37mg (8.21%), Zinc: 0.99mg (6.58%), Magnesium: 20.63mg (5.16%), Vitamin B1: 0.06mg (4.28%), Fiber: 0.97g (3.86%), Selenium: 2.68µg (3.84%), Vitamin B6: 0.07mg (3.69%), Vitamin D: 0.43µg (2.86%), Manganese: 0.06mg (2.75%), Vitamin E: 0.41mg (2.72%), Copper: 0.04mg (1.82%), Folate: 6.68µg (1.67%), Vitamin C: 0.85mg (1.03%)