



Brandy Pumpkin Pie Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



347 kcal

BEVERAGE

DRINK

Ingredients

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

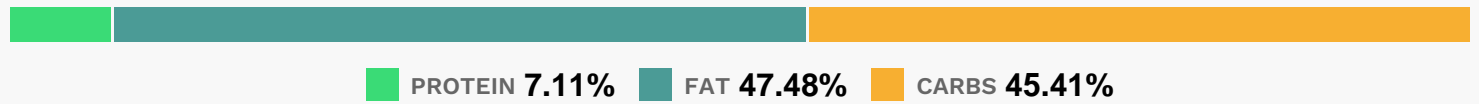
Equipment

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:87, Glycemic Load:18.94, Inflammation Score:-5, Nutrition Score:7.0143478486849%

Nutrients (% of daily need)

Calories: 347.17kcal (17.36%), Fat: 15.72g (24.18%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 31.93g (11.61%), Sugar: 29g (32.23%), Cholesterol: 62.16mg (20.72%), Sodium: 112.2mg (4.88%), Alcohol: 7.51g (100%), Alcohol %: 5.46% (100%), Protein: 5.29g (10.59%), Calcium: 209.7mg (20.97%), Vitamin B2: 0.34mg (20.09%), Manganese: 0.36mg (18.04%), Phosphorus: 158.76mg (15.88%), Vitamin A: 611.57IU (12.23%), Vitamin B12: 0.6µg (10.08%), Potassium: 299.33mg (8.55%), Vitamin B5: 0.84mg (8.39%), Fiber: 1.9g (7.58%), Zinc: 1.03mg (6.87%), Magnesium: 22.01mg (5.5%), Vitamin B1: 0.07mg (4.38%), Selenium: 2.78µg (3.97%), Vitamin B6: 0.08mg (3.89%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.44µg (2.94%), Copper: 0.04mg (2.14%), Iron: 0.32mg (1.8%), Folate: 6.88µg (1.72%), Vitamin C: 0.92mg (1.11%), Vitamin K: 1.12µg (1.06%), Vitamin B3: 0.2mg (1.02%)