



Pumpkin Bourbon Shakes

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 2 cups pumpkin canned
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup milk
- ☐ 0.5 tsp nutmeg freshly ground (preferably)

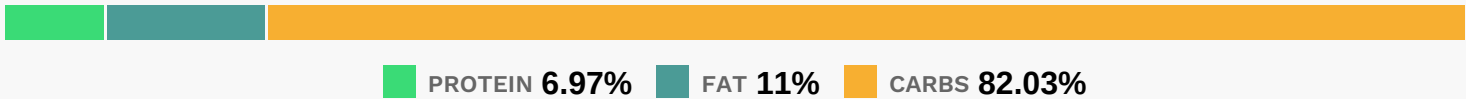
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Whirl a third of the ice cream, pumpkin, milk, and bourbon at a time in a blender until smooth, adding sugar and spices to last batch.
- ☐ Pour into a large bowl and stir to combine.
- ☐ Ladle shakes into 8 tall glasses and top each with a dollop of whipped cream if you like and a little nutmeg.
- ☐ Serve with straws.
- ☐ Make ahead: Up to 1 hour through step 1, freeze airtight; stir before ladling into glasses.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:8.3373913039332%

Nutrients (% of daily need)

Calories: 127.78kcal (6.39%), Fat: 1.21g (1.86%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 18.27g (6.64%), Sugar: 16.87g (18.75%), Cholesterol: 3.66mg (1.22%), Sodium: 18.73mg (0.81%), Alcohol: 5.01g (100%), Alcohol %: 5.25% (100%), Protein: 1.72g (3.44%), Vitamin A: 9582.66IU (191.65%), Manganese: 0.19mg (9.66%), Vitamin K: 9.97µg (9.5%), Fiber: 1.96g (7.82%), Calcium: 67.75mg (6.78%), Iron: 1mg (5.58%), Potassium: 193.72mg (5.53%), Phosphorus: 54.06mg (5.41%), Magnesium: 19.65mg (4.91%), Vitamin B2: 0.08mg (4.48%), Vitamin E: 0.67mg (4.47%), Copper: 0.08mg (3.92%), Vitamin B5: 0.38mg (3.78%), Vitamin C: 2.59mg (3.14%), Vitamin B6: 0.06mg (3%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Vitamin B1: 0.03mg (2.22%), Folate: 7.62µg (1.91%), Zinc: 0.25mg (1.68%), Selenium: 1.07µg (1.53%), Vitamin B3: 0.29mg (1.46%)