



## Pumpkin Cheesecake Milkshakes

 Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



450 kcal

DESSERT

BEVERAGE

DRINK

### Ingredients

- 15 oz pumpkin puree canned (not pumpkin pie filling)
- 4 oz philadelphia cream cheese (Regular or)
- 0.5 tsp ground cinnamon
- 1 small pinch ground cloves
- 0.1 tsp ground nutmeg
- 0.3 cup brown sugar light packed
- 1 cup milk
- 1 Tbsp vanilla extract

1.5 cups whipped cream

## Equipment

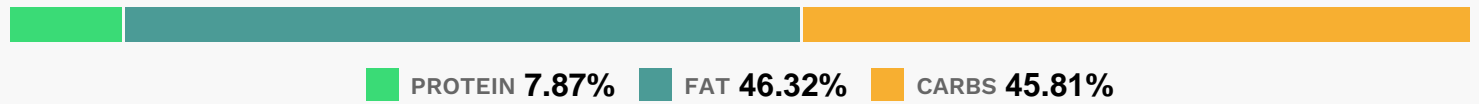
blender

## Directions

ADD all ingredients (except for the graham crackers) to a blender and blend on HIGH just until the mixture is smooth. It will be thick.

DIVIDE between three glasses and garnish with crushed graham crackers, if desired.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:17.097391252932%

## Nutrients (% of daily need)

Calories: 449.7kcal (22.49%), Fat: 23.31g (35.86%), Saturated Fat: 13.86g (86.65%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 47.04g (17.11%), Sugar: 42.37g (47.08%), Cholesterol: 76.98mg (25.66%), Sodium: 215.16mg (9.35%), Alcohol: 1.49g (100%), Alcohol %: 0.54% (100%), Protein: 8.91g (17.82%), Vitamin A: 22978.87IU (459.58%), Calcium: 278.45mg (27.85%), Vitamin B2: 0.44mg (25.8%), Phosphorus: 243mg (24.3%), Vitamin K: 24.1µg (22.95%), Fiber: 4.83g (19.33%), Potassium: 628.56mg (17.96%), Manganese: 0.34mg (17.2%), Vitamin B5: 1.5mg (14.97%), Magnesium: 57.69mg (14.42%), Vitamin E: 2.08mg (13.86%), Vitamin B12: 0.78µg (13%), Iron: 2.25mg (12.5%), Selenium: 6.79µg (9.7%), Vitamin B6: 0.19mg (9.57%), Copper: 0.19mg (9.44%), Zinc: 1.24mg (8.27%), Vitamin B1: 0.12mg (7.75%), Vitamin C: 6.37mg (7.72%), Vitamin D: 1.03µg (6.84%), Folate: 24µg (6%), Vitamin B3: 0.76mg (3.81%)