



Pumpkin Kahlua Colada

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



255 kcal

SIDE DISH

Ingredients

- 1 fluid ounce cream of coconut
- 1 serving ground nutmeg
- 0.3 cup ice cubes crushed
- 1 fluid ounce kahlua pumpkin spice
- 1 serving whipped cream

Equipment

- blender

Directions

- Blend ice, Kahlua Pumpkin Spice Liqueur and cream of coconut in blender until smooth.
- Pour into a glass.
- Garnish with whipped cream and a sprinkle of nutmeg.

Nutrition Facts



PROTEIN 2.91% **FAT 34.92%** **CARBS 62.17%**

Properties

Glycemic Index:125, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:11.229565179866%

Nutrients (% of daily need)

Calories: 255.09kcal (12.75%), Fat: 10.71g (16.48%), Saturated Fat: 7.72g (48.22%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 37.14g (13.51%), Sugar: 23.06g (25.62%), Cholesterol: 4.56mg (1.52%), Sodium: 33.92mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 4.74mg (237.16%), Iron: 5.89mg (32.73%), Fiber: 5.78g (23.11%), Calcium: 213.18mg (21.32%), Magnesium: 45.13mg (11.28%), Copper: 0.17mg (8.69%), Vitamin C: 6.98mg (8.46%), Vitamin K: 8.51µg (8.11%), Vitamin B6: 0.12mg (6.2%), Potassium: 211.87mg (6.05%), Zinc: 0.77mg (5.15%), Phosphorus: 44.49mg (4.45%), Selenium: 2.87µg (4.09%), Vitamin E: 0.61mg (4.06%), Vitamin B3: 0.69mg (3.47%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (2.68%), Vitamin A: 120.32IU (2.41%), Folate: 8.8µg (2.2%)