



Pumpkin Lattes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup pumpkin canned
- 1 teaspoon cinnamon
- 4 cups milk
- 2 cups strong coffee decoction hot brewed
- 3 tablespoons vanilla extract
- 4 servings garnishes: whipped cream

Equipment

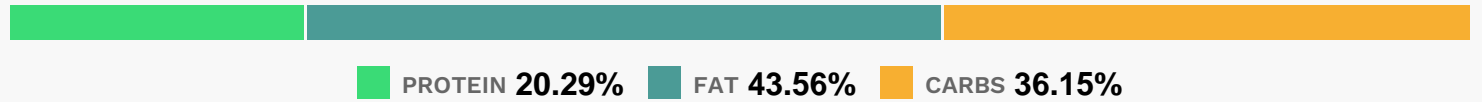
- sauce pan

- hand mixer
- immersion blender

Directions

- Stir together milk and pumpkin in a saucepan; cook over low heat until steaming. Stir in vanilla and cinnamon. With a handheld blender or electric mixer, blend for 15 to 20 seconds, or until thick and foamy.
- Pour into 4 to 6 mugs or tall glasses; pour in hot coffee. If desired, top with whipped cream, sprinkle with spice and add cinnamon stick stirrers.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:4.34, Inflammation Score:-9, Nutrition Score:12.346521740374%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
 Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
 Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 185.53kcal (9.28%), Fat: 8.01g (12.33%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 14.96g (4.99%),
 Net Carbohydrates: 14.11g (5.13%), Sugar: 13.56g (15.07%), Cholesterol: 29.28mg (9.76%), Sodium: 97.3mg (4.23%),
 Alcohol: 3.35g (100%), Alcohol %: 1.09% (100%), Caffeine: 47.4mg (15.8%), Protein: 8.4g (16.79%), Vitamin A:
 2782.45IU (55.65%), Calcium: 319.37mg (31.94%), Vitamin B2: 0.45mg (26.23%), Phosphorus: 257.44mg (25.74%),
 Vitamin B12: 1.32µg (21.96%), Vitamin D: 2.68µg (17.89%), Manganese: 0.33mg (16.4%), Potassium: 478.82mg
 (13.68%), Vitamin B5: 1.28mg (12.78%), Vitamin B1: 0.16mg (10.63%), Magnesium: 39.19mg (9.8%), Vitamin B6:
 0.17mg (8.3%), Zinc: 1.09mg (7.29%), Selenium: 4.81µg (6.87%), Vitamin K: 3.74µg (3.56%), Fiber: 0.86g (3.43%),
 Vitamin B3: 0.61mg (3.05%), Iron: 0.48mg (2.64%), Vitamin E: 0.33mg (2.18%), Copper: 0.03mg (1.74%), Folate:
 4.48µg (1.12%), Vitamin C: 0.9mg (1.09%)