



Pumpkin Pie Cocktail

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



409 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon pumpkin canned
- 1 fluid ounce half-and-half
- 0.5 cup ice cubes crushed
- 1 pinch pumpkin pie spice
- 1 fluid ounce spiced rum
- 2 scoops whipped cream
- 2 tablespoons non-dairy whipped topping

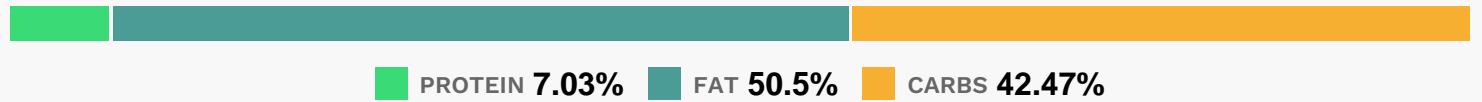
Equipment

blender

Directions

- Combine the ice cream, ice, pumpkin, half-and-half, rum, and 1/4 teaspoon pumpkin pie spice in a blender; blend until smooth.
- Pour into a serving glass; top with whipped topping, sprinkle with pinch of pumpkin pie spice.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:18.44, Inflammation Score:-9, Nutrition Score:9.5869566202164%

Nutrients (% of daily need)

Calories: 408.96kcal (20.45%), Fat: 19.27g (29.64%), Saturated Fat: 12.15g (75.91%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 34.95g (12.71%), Sugar: 31.9g (35.45%), Cholesterol: 68.61mg (22.87%), Sodium: 137.6mg (5.98%), Alcohol: 9.88g (100%), Alcohol %: 3.74% (100%), Protein: 6.04g (12.08%), Vitamin A: 3004.12IU (60.08%), Vitamin B2: 0.39mg (23.11%), Calcium: 221.26mg (22.13%), Phosphorus: 180.96mg (18.1%), Potassium: 348.92mg (9.97%), Manganese: 0.2mg (9.85%), Vitamin B12: 0.59µg (9.82%), Vitamin B5: 0.91mg (9.12%), Zinc: 1.11mg (7.39%), Magnesium: 28.06mg (7.01%), Fiber: 1.51g (6.03%), Selenium: 3.69µg (5.27%), Vitamin B1: 0.07mg (4.77%), Vitamin B6: 0.09mg (4.63%), Vitamin E: 0.69mg (4.62%), Copper: 0.08mg (4%), Vitamin K: 3.75µg (3.57%), Iron: 0.56mg (3.11%), Folate: 9.8µg (2.45%), Vitamin C: 1.92mg (2.33%), Vitamin D: 0.26µg (1.76%), Vitamin B3: 0.28mg (1.38%)