



Pumpkin Pie in a Glass

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



465 kcal

Ingredients

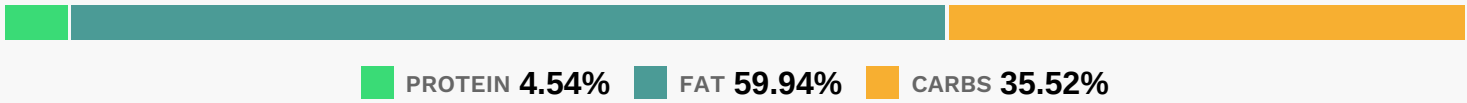
- ☐ 1 fluid ounce frangelico
- ☐ 2.5 fluid ounces heavy cream
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 1 ounce pumpkin puree
- ☐ 2 fluid ounces kahlua pumpkin spice

Equipment

Directions

- ☐
- Combine Kahlua, hazelnut liqueur, cream, pumpkin puree, and pumpkin pie spice in a martini shaker filled with ice. Shake to combine.
- ☐
- Pour into glass.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:24.247391545254%

Nutrients (% of daily need)

Calories: 464.95kcal (23.25%), Fat: 34.28g (52.74%), Saturated Fat: 20.94g (130.87%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 36.06g (13.11%), Sugar: 7.72g (8.58%), Cholesterol: 83.54mg (27.85%), Sodium: 52.39mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.69%), Manganese: 9.49mg (474.62%), Vitamin A: 5654.39IU (113.09%), Iron: 12.22mg (67.91%), Calcium: 462.91mg (46.29%), Fiber: 9.65g (38.6%), Magnesium: 92.81mg (23.2%), Vitamin K: 23.84µg (22.7%), Vitamin C: 15.59mg (18.9%), Copper: 0.33mg (16.36%), Potassium: 524.04mg (14.97%), Vitamin E: 2.13mg (14.21%), Vitamin B6: 0.28mg (14.02%), Vitamin B2: 0.24mg (13.88%), Phosphorus: 123.17mg (12.32%), Selenium: 7.88µg (11.25%), Zinc: 1.64mg (10.93%), Vitamin D: 1.18µg (7.89%), Vitamin B3: 1.49mg (7.45%), Vitamin B1: 0.1mg (6.65%), Folate: 20.67µg (5.17%), Vitamin B5: 0.3mg (3.02%), Vitamin B12: 0.12µg (1.97%)