



## Pumpkin Pie Milk Shakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



299 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 teaspoon pumpkin pie spice
- 0.3 cup milk
- 0.1 slice pumpkin pie filling/mix cold cut into chunks (from 9-inch pie)
- 2 cups whipped cream softened

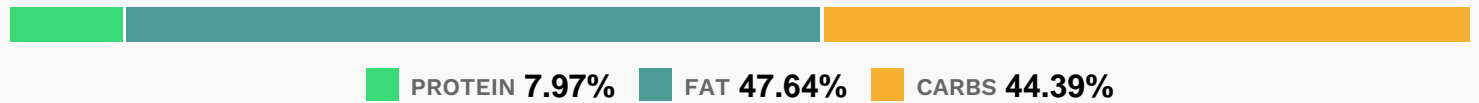
### Equipment

- blender

## Directions

- In blender, place ice cream, milk and pumpkin pie spice. Cover and blend on high speed until smooth and creamy.
- Add pie chunks; cover and blend until smooth, stopping blender to scrape down sides if necessary.
- Pour into 2 glasses; top with sweetened whipped cream and garnish with cinnamon stick.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:19.16, Inflammation Score:-4, Nutrition Score:6.6704346926316%

## Nutrients (% of daily need)

Calories: 298.56kcal (14.93%), Fat: 15.85g (24.39%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 32.27g (11.74%), Sugar: 29.96g (33.29%), Cholesterol: 62.96mg (20.99%), Sodium: 121.31mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Calcium: 220.71mg (22.07%), Vitamin B2: 0.37mg (21.96%), Phosphorus: 180mg (18%), Vitamin A: 627.44IU (12.55%), Vitamin B12: 0.73µg (12.24%), Potassium: 325.42mg (9.3%), Vitamin B5: 0.92mg (9.19%), Zinc: 1.08mg (7.22%), Magnesium: 23.71mg (5.93%), Vitamin B1: 0.08mg (5.15%), Vitamin D: 0.71µg (4.74%), Selenium: 3.17µg (4.53%), Vitamin B6: 0.09mg (4.46%), Fiber: 0.97g (3.86%), Vitamin E: 0.42mg (2.81%), Manganese: 0.05mg (2.6%), Folate: 6.68µg (1.67%), Copper: 0.03mg (1.6%), Vitamin C: 0.85mg (1.03%), Vitamin B3: 0.2mg (1.01%)