



Pumpkin Pie Milkshake

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



744 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 cups vanilla yogurt frozen
- ☐ 0.3 teaspoon ginger
- ☐ 2 tablespoon gingersnap cookies crumbled
- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup pumpkin puree

☐ 0.3 teaspoon vanilla

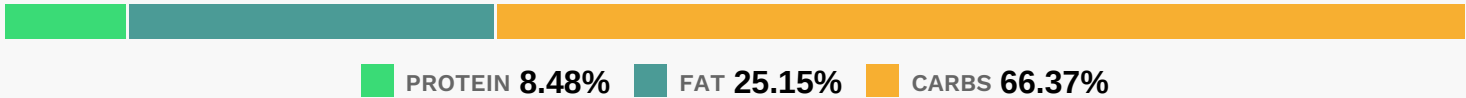
Equipment

☐ blender

Directions

- ☐ Blend everything other than the gingersnap cookies in a blender.
- ☐ Serve garnished with the gingersnap cookies.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:24.781739214192%

Nutrients (% of daily need)

Calories: 743.58kcal (37.18%), Fat: 21.31g (32.79%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 126.58g (42.19%), Net Carbohydrates: 122.97g (44.72%), Sugar: 104.14g (115.71%), Cholesterol: 13.08mg (4.36%), Sodium: 448.97mg (19.52%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 16.17g (32.34%), Vitamin A: 13422.96IU (268.46%), Calcium: 561.47mg (56.15%), Vitamin B2: 0.86mg (50.69%), Phosphorus: 488.62mg (48.86%), Manganese: 0.82mg (40.96%), Potassium: 1010.4mg (28.87%), Vitamin B5: 2.56mg (25.61%), Iron: 4.16mg (23.1%), Magnesium: 84.47mg (21.12%), Vitamin B12: 1.16µg (19.41%), Selenium: 12.82µg (18.32%), Vitamin B6: 0.36mg (17.76%), Copper: 0.31mg (15.62%), Vitamin B1: 0.22mg (14.72%), Fiber: 3.61g (14.45%), Vitamin K: 15.17µg (14.44%), Folate: 53.35µg (13.34%), Zinc: 1.79mg (11.97%), Vitamin B3: 2.2mg (11%), Vitamin E: 1.52mg (10.16%), Vitamin C: 5.8mg (7.04%), Vitamin D: 0.96µg (6.39%)