



Pumpkin Pie Milkshake with Pie Crust Straws

🤍 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1000 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 3 tablespoons brown sugar packed
- 2 tablespoons cinnamon sugar
- 1 eggs beaten
- 0.3 cup milk
- 1 pie crust dough
- 1 teaspoon pumpkin pie spice
- 0.8 cup pumpkin puree
- 0.5 teaspoon vanilla

3 cups whipped cream

Equipment

frying pan

oven

wire rack

blender

Directions

Preheat oven to 425°

Roll out pie crust, cut into thin strips. Twist 2 strips at a time, brush with beaten egg.

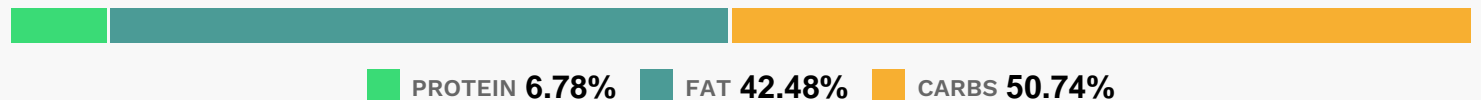
Place on parchment lined pan and sprinkle with cinnamon and sugar

Bake 6–7 minutes. Cool on wire rack. In blender combine pumpkin, milk, vanilla, spice and sugar until blended.

Add ice cream and blend until well combined and smooth. (add more milk if too thick)

Pour in glass, serve with pie crust straws (I crumbled some pie crust on top as well)

Nutrition Facts



Properties

Glycemic Index:84.55, Glycemic Load:36.58, Inflammation Score:-10, Nutrition Score:24.57695641725%

Nutrients (% of daily need)

Calories: 1000.21kcal (50.01%), Fat: 47.43g (72.97%), Saturated Fat: 21.83g (136.47%), Carbohydrates: 127.5g (42.5%), Net Carbohydrates: 121.18g (44.06%), Sugar: 76.2g (84.66%), Cholesterol: 172.62mg (57.54%), Sodium: 559.24mg (24.31%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 17.03g (34.06%), Vitamin A: 15303.76IU (306.08%), Vitamin B2: 0.82mg (48.03%), Phosphorus: 377.58mg (37.76%), Calcium: 365.3mg (36.53%), Manganese: 0.71mg (35.43%), Fiber: 6.32g (25.29%), Iron: 4.38mg (24.35%), Vitamin B1: 0.36mg (24.29%), Selenium: 16.49µg (23.56%), Vitamin B5: 2.34mg (23.37%), Folate: 91.18µg (22.8%), Potassium: 774.13mg (22.12%), Vitamin K: 21.94µg (20.9%), Vitamin B12: 1.13µg (18.88%), Magnesium: 71mg (17.75%), Zinc: 2.35mg (15.63%), Vitamin E: 2.22mg (14.83%), Vitamin B3: 2.96mg (14.78%), Vitamin B6: 0.26mg (12.83%), Copper: 0.24mg (11.93%), Vitamin D: 1.17µg (7.81%), Vitamin C: 5.28mg (6.4%)