



Pumpkin Pie Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- 1 sticks cinnamon
- 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 servings garnish: whipped cream sweetened
- 2 cups whipped cream softened

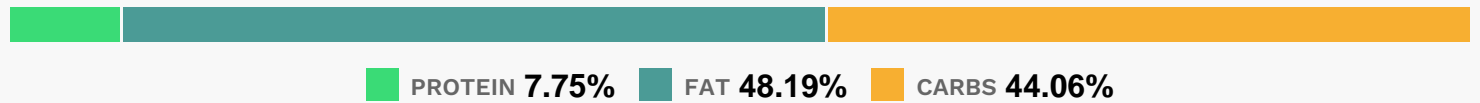
Equipment

- 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:79.5, Glycemic Load:19.6, Inflammation Score:-4, Nutrition Score:7.9052173521208%

Nutrients (% of daily need)

Calories: 318.3kcal (15.92%), Fat: 17.21g (26.47%), Saturated Fat: 10.57g (66.07%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 33.51g (12.18%), Sugar: 30.48g (33.86%), Cholesterol: 67.52mg (22.51%), Sodium: 121.97mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Calcium: 244.3mg (24.43%), Vitamin B2: 0.38mg (22.23%), Phosphorus: 186.46mg (18.65%), Manganese: 0.36mg (17.89%), Vitamin A: 673.7IU (13.47%), Vitamin B12: 0.75µg (12.53%), Potassium: 341.79mg (9.77%), Vitamin B5: 0.94mg (9.44%), Zinc: 1.14mg (7.59%), Fiber: 1.9g (7.58%), Magnesium: 25.42mg (6.36%), Vitamin B1: 0.08mg (5.32%), Vitamin D: 0.74µg (4.9%), Selenium: 3.31µg (4.73%), Vitamin B6: 0.09mg (4.72%), Vitamin E: 0.5mg (3.33%), Copper: 0.04mg (1.93%), Iron: 0.32mg (1.76%), Folate: 6.97µg (1.74%), Vitamin K: 1.25µg (1.19%), Vitamin B3: 0.23mg (1.15%), Vitamin C: 0.92mg (1.11%)