



Pumpkin Pie Milkshakes

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



311 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups whipped cream softened
- 0.3 cup milk
- 0.3 teaspoon pumpkin pie spice
- 0.1 slice pumpkin pie filling/mix cold cut into chunks (from 9-inch pie)
- 1 serving garnish: whipped cream sweetened
- 1 sticks cinnamon

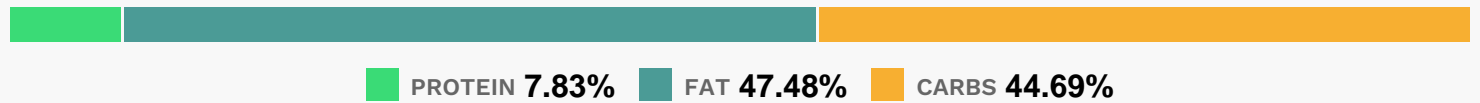
Equipment

- 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:19.39, Inflammation Score:-4, Nutrition Score:7.8130434907001%

Nutrients (% of daily need)

Calories: 310.59kcal (15.53%), Fat: 16.54g (25.45%), Saturated Fat: 10.16g (63.48%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 33.13g (12.05%), Sugar: 30.24g (33.6%), Cholesterol: 65.24mg (21.75%), Sodium: 121.73mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Calcium: 241.27mg (24.13%), Vitamin B2: 0.38mg (22.12%), Phosphorus: 183.79mg (18.38%), Manganese: 0.36mg (17.89%), Vitamin A: 653.15IU (13.06%), Vitamin B12: 0.74µg (12.39%), Potassium: 337.38mg (9.64%), Vitamin B5: 0.93mg (9.35%), Fiber: 1.9g (7.58%), Zinc: 1.13mg (7.51%), Magnesium: 25.09mg (6.27%), Vitamin B1: 0.08mg (5.25%), Vitamin D: 0.72µg (4.82%), Selenium: 3.27µg (4.67%), Vitamin B6: 0.09mg (4.66%), Vitamin E: 0.48mg (3.21%), Copper: 0.04mg (1.91%), Iron: 0.32mg (1.75%), Folate: 6.88µg (1.72%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.19µg (1.14%), Vitamin C: 0.92mg (1.11%)