



Pumpkin Pie Shake

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



535 kcal

BEVERAGE

DRINK

Ingredients

- 5 ounces evaporated milk
- 0.3 cup pumpkin pie filling/mix
- 2 scoops whipped cream

Equipment

- blender

Directions

Combine the evaporated milk, ice cream, and pumpkin pie filling in a blender and blend until smooth.

Pour into a glass; top with whipped topping and ground cinnamon to serve.

Nutrition Facts

PROTEIN 11.1% **FAT 42.15%** **CARBS 46.75%**

Properties

Glycemic Index:61, Glycemic Load:18.44, Inflammation Score:-10, Nutrition Score:19.646086806836%

Nutrients (% of daily need)

Calories: 534.8kcal (26.74%), Fat: 25.32g (38.96%), Saturated Fat: 15.51g (96.96%), Carbohydrates: 63.2g (21.07%), Net Carbohydrates: 56.67g (20.61%), Sugar: 42.22g (46.91%), Cholesterol: 99.19mg (33.06%), Sodium: 396.25mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.02%), Vitamin A: 6495.65IU (129.91%), Calcium: 563.9mg (56.39%), Vitamin B2: 0.84mg (49.67%), Phosphorus: 456.72mg (45.67%), Fiber: 6.53g (26.11%), Vitamin B5: 2.44mg (24.39%), Potassium: 785.33mg (22.44%), Magnesium: 63.3mg (15.82%), Zinc: 2.18mg (14.56%), Manganese: 0.29mg (14.49%), Vitamin B12: 0.74µg (12.36%), Vitamin B6: 0.24mg (12.08%), Folate: 41.56µg (10.39%), Selenium: 6.38µg (9.11%), Vitamin B1: 0.13mg (8.77%), Vitamin C: 5.85mg (7.09%), Iron: 1.1mg (6.13%), Copper: 0.1mg (4.95%), Vitamin E: 0.62mg (4.15%), Vitamin B3: 0.68mg (3.4%), Vitamin D: 0.41µg (2.7%), Vitamin K: 1.25µg (1.19%)