

## Pumpkin Pie Shake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 0.7 cup pumpkin puree canned
- 1 cup skim milk fat-free
- 2 cups vanilla ice cream softened reduced-fat (such as Healthy Choice)
- 0.8 teaspoon pumpkin pie spice
- 3 tablespoons non-dairy whipped topping fat-free frozen thawed

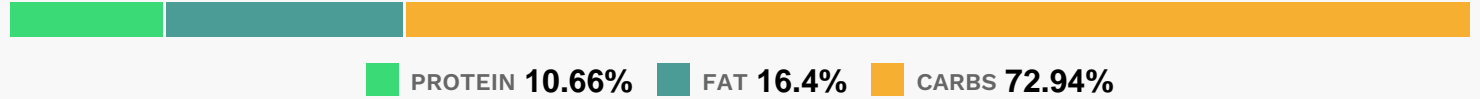
### Equipment

- blender

## Directions

- Combine first 5 ingredients in a blender; process until smooth.
- Pour 3/4 cup ice cream mixture into each of 4 glasses. Top each with about 2 teaspoons whipped topping; sprinkle with the additional pumpkin-pie spice, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.31, Glycemic Load:8.98, Inflammation Score:0, Nutrition Score:11.293043406113%

## Nutrients (% of daily need)

Calories: 232.6kcal (11.63%), Fat: 4.32g (6.65%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 43.26g (14.42%), Net Carbohydrates: 41.8g (15.2%), Sugar: 35.4g (39.33%), Cholesterol: 22.42mg (7.47%), Sodium: 89.87mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin A: 6823.8IU (136.48%), Calcium: 230.19mg (23.02%), Vitamin B2: 0.3mg (17.63%), Phosphorus: 161.6mg (16.16%), Vitamin B12: 0.72µg (11.99%), Potassium: 368.67mg (10.53%), Vitamin B5: 0.77mg (7.66%), Magnesium: 29.37mg (7.34%), Manganese: 0.13mg (6.73%), Vitamin K: 7.05µg (6.72%), Zinc: 0.92mg (6.11%), Fiber: 1.47g (5.87%), Vitamin B1: 0.09mg (5.7%), Vitamin B6: 0.1mg (5.02%), Vitamin D: 0.75µg (5%), Iron: 0.89mg (4.93%), Selenium: 3.19µg (4.56%), Vitamin E: 0.55mg (3.65%), Copper: 0.07mg (3.32%), Vitamin C: 2.71mg (3.29%), Folate: 11.01µg (2.75%), Vitamin B3: 0.35mg (1.76%)