

Pumpkin Pie Shake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

BEVERAGE

DRINK

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 cool whip fat-free frozen thawed

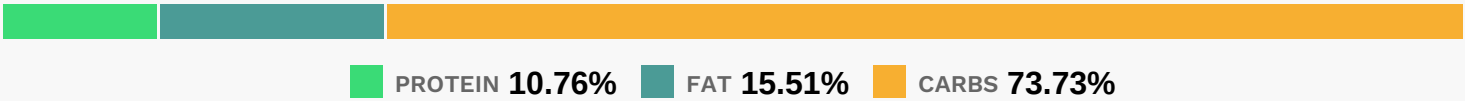
Equipment

- ☐ 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:-10, Nutrition Score:11.399565126585%

Nutrients (% of daily need)

Calories: 230.07kcal (11.5%), Fat: 4.05g (6.23%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 41.83g (15.21%), Sugar: 35.14g (39.05%), Cholesterol: 22.9mg (7.63%), Sodium: 89.87mg (3.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin A: 6827.21IU (136.54%), Calcium: 231.44mg (23.14%), Vitamin B2: 0.32mg (18.68%), Phosphorus: 161.4mg (16.14%), Vitamin B12: 0.76µg (12.71%), Potassium: 368.9mg (10.54%), Vitamin B5: 0.77mg (7.66%), Magnesium: 29.4mg (7.35%), Manganese: 0.13mg (6.73%), Vitamin K: 6.95µg (6.62%), Zinc: 0.92mg (6.16%), Vitamin B1: 0.09mg (5.99%), Fiber: 1.48g (5.92%), Vitamin B6: 0.1mg (5.19%), Vitamin D: 0.75µg (5%), Iron: 0.88mg (4.91%), Selenium: 3.21µg (4.58%), Vitamin E: 0.53mg (3.56%), Copper: 0.07mg (3.34%), Vitamin C: 2.71mg (3.29%), Folate: 11.49µg (2.87%), Vitamin B3: 0.36mg (1.81%)