



Pumpkin Pie Shake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.7 cup pumpkin canned
- ☐ 0.3 cup milk fat-free
- ☐ 3 cups whipped cream softened reduced-fat
- ☐ 0.8 teaspoon pumpkin pie spice
- ☐ 3 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- ☐ blender

Directions

- ☐ Place first 5 ingredients in a blender; process until smooth.
- ☐ Pour 3/4 cup ice cream mixture into each of 4 glasses. Top each with 1 teaspoon graham cracker crumbs, if desired, and about 2 teaspoons whipped topping.
- ☐ Sprinkle with additional pumpkin pie spice, if desired.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:12.32, Inflammation Score:-10, Nutrition Score:11.401739130849%

Nutrients (% of daily need)

Calories: 287.12kcal (14.36%), Fat: 6.13g (9.42%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 50.9g (18.51%), Sugar: 41.74g (46.37%), Cholesterol: 31.46mg (10.49%), Sodium: 101.25mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Vitamin A: 6910.74IU (138.21%), Calcium: 237.47mg (23.75%), Vitamin B2: 0.34mg (20.18%), Phosphorus: 157.05mg (15.7%), Vitamin B12: 0.66µg (11.02%), Potassium: 379.52mg (10.84%), Vitamin B5: 0.8mg (8.03%), Magnesium: 29.79mg (7.45%), Vitamin K: 7.2µg (6.86%), Manganese: 0.14mg (6.77%), Zinc: 1.01mg (6.73%), Fiber: 1.58g (6.33%), Vitamin B1: 0.08mg (5.52%), Iron: 0.96mg (5.33%), Vitamin B6: 0.09mg (4.69%), Selenium: 3.13µg (4.48%), Vitamin E: 0.59mg (3.96%), Vitamin C: 3.17mg (3.84%), Copper: 0.07mg (3.6%), Folate: 12.48µg (3.12%), Vitamin D: 0.34µg (2.26%), Vitamin B3: 0.36mg (1.78%)