

Pumpkin Pie Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



4

CALORIES



79 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 12 fluid ounce apple juice concentrate frozen canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 15 ounce solid pack pumpkin puree canned
- ☐ 2.5 cups water

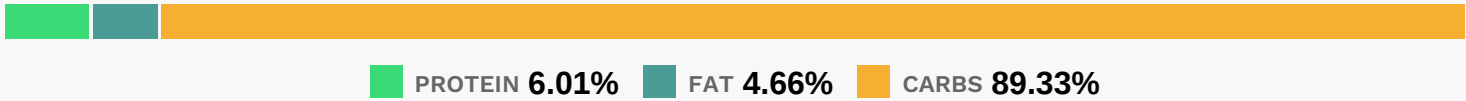
Equipment

- ☐ blender

Directions

- ☐
- Remove pumpkin from can and freeze for 1 hour.
- ☐
- In a blender combine partially frozen pumpkin, frozen apple juice concentrate, nutmeg and cinnamon. Blend until smooth. Continue to blend while adding water to fill the blender.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:9.8143478165502%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 78.52kcal (3.93%), Fat: 0.44g (0.68%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 15.52g (5.64%), Sugar: 12.07g (13.41%), Cholesterol: 0mg (0%), Sodium: 16.32mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin A: 16547.56IU (330.95%), Vitamin K: 17.17µg (16.35%), Manganese: 0.31mg (15.66%), Fiber: 3.54g (14.16%), Iron: 1.63mg (9.04%), Potassium: 310.97mg (8.88%), Magnesium: 30.78mg (7.7%), Vitamin E: 1.15mg (7.65%), Copper: 0.15mg (7.52%), Vitamin C: 5.28mg (6.41%), Vitamin B5: 0.47mg (4.71%), Calcium: 44.3mg (4.43%), Phosphorus: 43.87mg (4.39%), Vitamin B2: 0.07mg (4.28%), Vitamin B6: 0.08mg (3.82%), Folate: 12.83µg (3.21%), Vitamin B1: 0.04mg (2.96%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.22mg (1.49%)