



Pumpkin Pie Smoothie

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



1

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 bananas whole frozen ()
- 0.3 cup pumpkin pure canned
- 1 dash ground ginger
- 1 tsp maple syrup pure
- 0.3 cup plant-based milk
- 1 tsp pumpkin pie spice

Equipment

- blender

Directions

- Combine all ingredients in a blender and whiz until smooth, adding more non-dairy milk as necessary to achieve proper consistency.
- Add more pumpkin or spice to taste.
- Garnish with a dash of cinnamon and nutmeg. (1 tsp Pumpkin Pie Spice = 1/2 tsp cinnamon, 1/4 tsp cloves or allspice, 1/8 tsp nutmeg).

Amount Per Serving

Calories

Fat

30g

Carbohydrate

10g Dietary Fiber 5.30g Sugars 18.10g Protein 3.60g

Nutrition Facts



Properties

Glycemic Index:129.28, Glycemic Load:15.86, Inflammation Score:-10, Nutrition Score:16.446956489397%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 190.51kcal (9.53%), Fat: 2.77g (4.26%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 36.08g (13.12%), Sugar: 23.71g (26.35%), Cholesterol: 7.32mg (2.44%), Sodium: 29.21mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 9711.41IU (194.23%), Manganese: 1.18mg (58.78%), Vitamin B6: 0.52mg (25.88%), Fiber: 5.24g (20.95%), Potassium: 680.34mg (19.44%), Vitamin B2: 0.3mg (17.43%), Vitamin C: 13.24mg (16.05%), Magnesium: 59.19mg (14.8%), Calcium: 117.22mg (11.72%), Phosphorus: 112.69mg (11.27%), Vitamin K: 11.06µg (10.54%), Iron: 1.7mg (9.44%), Vitamin B5: 0.87mg (8.71%), Copper: 0.17mg (8.56%), Folate: 31.49µg (7.87%), Vitamin B1: 0.09mg (6.18%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.83mg

(5.54%), Vitamin B12: 0.33µg (5.49%), Selenium: 3.3µg (4.71%), Vitamin D: 0.67µg (4.47%), Zinc: 0.66mg (4.38%)