



Pumpkin Pie Yogurt Smoothies

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 oz pumpkin pie filling/mix light yoplait®
- ☐ 1 cup ice crushed
- ☐ 0.5 cup pumpkin pie filling/mix plain (not pumpkin)
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 tablespoons cool whip fat-free frozen thawed
- ☐ 1 Dash pumpkin pie spice

Equipment

- ☐ food processor

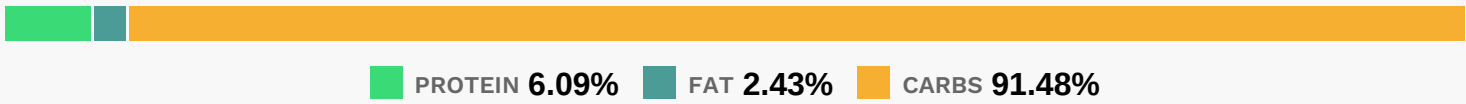
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blender

Directions

- ☐ In blender or food processor, place smoothie ingredients. Cover; blend on high speed about 1 minute or until smooth.
- ☐ Pour into 2 glasses; top with toppings.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:14.146521744521%

Nutrients (% of daily need)

Calories: 177.48kcal (8.87%), Fat: 0.51g (0.79%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 30.47g (11.08%), Sugar: 2.31g (2.56%), Cholesterol: 1.64mg (0.55%), Sodium: 339.27mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin A: 12730.13IU (254.6%), Fiber: 12.75g (51.01%), Manganese: 0.69mg (34.59%), Vitamin B5: 1.84mg (18.44%), Vitamin B2: 0.25mg (14.63%), Folate: 54.89µg (13.72%), Vitamin B6: 0.27mg (13.39%), Calcium: 108.69mg (10.87%), Phosphorus: 105.07mg (10.51%), Iron: 1.72mg (9.54%), Potassium: 269.84mg (7.71%), Magnesium: 30.31mg (7.58%), Vitamin C: 5.46mg (6.61%), Copper: 0.13mg (6.33%), Vitamin B12: 0.24µg (4.07%), Zinc: 0.59mg (3.92%), Selenium: 2.47µg (3.53%), Vitamin B1: 0.05mg (3.26%), Vitamin B3: 0.63mg (3.17%), Vitamin D: 0.34µg (2.25%)