



Pumpkin Pie Yogurt Smoothies

 **Gluten Free**

READY IN



5 min.

SERVINGS



2

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

Equipment

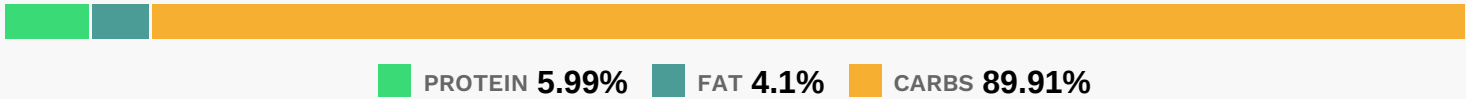
- ☐ food processor

☐ 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:14.002608640686%

Nutrients (% of daily need)

Calories: 180.85kcal (9.04%), Fat: 0.88g (1.35%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 43.16g (14.39%), Net Carbohydrates: 30.43g (11.06%), Sugar: 2.65g (2.94%), Cholesterol: 1.01mg (0.34%), Sodium: 339.27mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin A: 12725.59IU (254.51%), Fiber: 12.74g (50.94%), Manganese: 0.69mg (34.59%), Vitamin B5: 1.84mg (18.44%), Folate: 54.26µg (13.56%), Vitamin B2: 0.22mg (13.23%), Vitamin B6: 0.26mg (13.16%), Calcium: 107.02mg (10.7%), Phosphorus: 105.34mg (10.53%), Iron: 1.72mg (9.56%), Potassium: 269.52mg (7.7%), Magnesium: 30.26mg (7.57%), Vitamin C: 5.46mg (6.61%), Copper: 0.13mg (6.31%), Zinc: 0.58mg (3.85%), Selenium: 2.44µg (3.49%), Vitamin B3: 0.62mg (3.11%), Vitamin B12: 0.19µg (3.11%), Vitamin B1: 0.04mg (2.87%), Vitamin D: 0.34µg (2.25%)