



Pumpkin Smoothie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 0.8 cup apple cider
- 0.3 cup pumpkin puree canned
- 0.5 cup ice cubes
- 3 tablespoons maple syrup
- 1 cup greek yogurt plain (not nonfat)
- 0.3 teaspoon pumpkin-pie spice plus more for garnish, optional
- 0.5 cup milk whole

Equipment

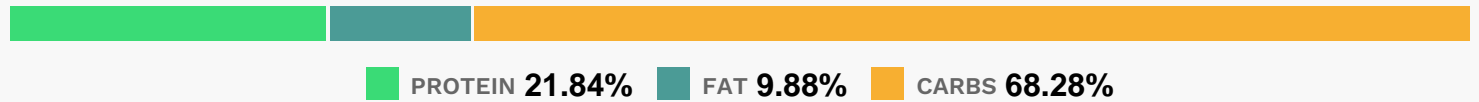
blender

Directions

Combine all ingredients in a blender and blend until smooth.

Pour into 2 glasses and sprinkle with additional pumpkin-pie spice, if desired.

Nutrition Facts



Properties

Glycemic Index:23.05, Glycemic Load:4.99, Inflammation Score:-9, Nutrition Score:6.7382608289304%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 93.62kcal (4.68%), Fat: 1.03g (1.59%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 15.51g (5.64%), Sugar: 13.62g (15.14%), Cholesterol: 4.93mg (1.64%), Sodium: 28.22mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin A: 2583.7IU (51.67%), Vitamin B2: 0.31mg (18.44%), Manganese: 0.35mg (17.35%), Calcium: 95.96mg (9.6%), Phosphorus: 87.36mg (8.74%), Vitamin B12: 0.41µg (6.86%), Selenium: 4.53µg (6.48%), Potassium: 190.06mg (5.43%), Magnesium: 15.75mg (3.94%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.79%), Vitamin K: 2.71µg (2.59%), Fiber: 0.56g (2.24%), Iron: 0.33mg (1.84%), Vitamin D: 0.27µg (1.79%), Copper: 0.03mg (1.65%), Vitamin E: 0.19mg (1.3%), Vitamin C: 1.03mg (1.25%), Folate: 4.78µg (1.2%), Vitamin B3: 0.21mg (1.04%)