



Pumpkin-Spice Latte

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups milk
- 2 tablespoons pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 tablespoons sugar to taste ()
- 0.5 teaspoon pumpkin pie spice
- 1 tablespoon vanilla
- 0.5 cup hot-brewed coffee hot brewed
- 1 serving whipped cream
- 1 Dash pumpkin pie spice

2 cinnamon sticks

Equipment

sauce pan

Directions

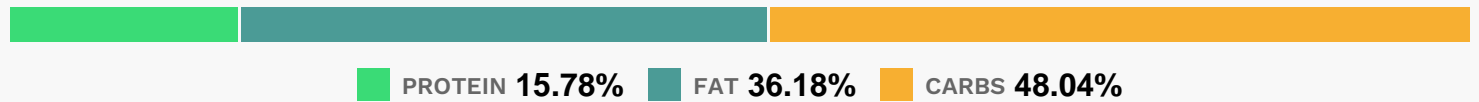
In 2-quart saucepan, heat milk, pumpkin and sugar over medium heat until hot (do not boil).

Remove from heat. Stir in 1/2 teaspoon pumpkin pie spice, the vanilla and coffee.

Pour into 2 large mugs.

Garnish each with whipped cream, dash pumpkin pie spice and a cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:84.05, Glycemic Load:8.77, Inflammation Score:-8, Nutrition Score:13.000434771828%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin:
0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 223.97kcal (11.2%), Fat: 8.7g (13.38%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 22.75g (8.27%), Sugar: 18.94g (21.04%), Cholesterol: 31.56mg (10.52%), Sodium: 126.42mg (5.5%), Alcohol: 2.24g (100%), Alcohol %: 0.84% (100%), Caffeine: 23.7mg (7.9%), Protein: 8.53g (17.07%), Manganese: 0.87mg (43.38%), Calcium: 352.47mg (35.25%), Vitamin A: 1655.77IU (33.12%), Phosphorus: 261.35mg (26.14%), Vitamin B2: 0.41mg (24.19%), Vitamin B12: 1.33µg (22.11%), Vitamin D: 2.7µg (17.97%), Fiber: 3.23g (12.94%), Potassium: 451.3mg (12.89%), Vitamin B5: 1.25mg (12.53%), Vitamin B1: 0.15mg (10.08%), Magnesium: 37.99mg (9.5%), Vitamin B6: 0.19mg (9.27%), Zinc: 1.16mg (7.73%), Selenium: 5.08µg (7.25%), Iron: 0.66mg (3.68%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.22µg (2.12%), Copper: 0.04mg (1.79%), Folate: 6.9µg (1.73%), Vitamin E: 0.25mg (1.65%), Vitamin C: 0.88mg (1.07%)