



Pumpkin Spice Latte for Two

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup pumpkin canned divided
- ☐ 1.5 cups milk fat-free
- ☐ 1 Tbsp granular no-calorie sweetener
- ☐ 0.5 tsp pumpkin pie spice
- ☐ 1 cup freshly strong maxwell house coffee brewed
- ☐ 1 tsp vanilla
- ☐ 0.3 cup cool whip whipped topping sugar free thawed

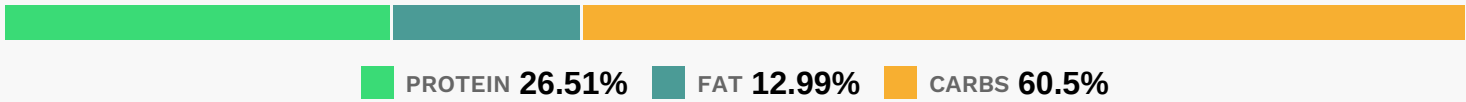
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 1 Tbsp. pumpkin and COOL WHIP. Refrigerate until ready to use.
- ☐ Cook remaining pumpkin with all remaining ingredients except coffee in saucepan on medium heat 5 min. or until heated through, stirring frequently.
- ☐ Whisk until foamy; pour into 2 mugs.
- ☐ Add coffee; top with COOL WHIP mixture.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:13.082608710165%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 111.08kcal (5.55%), Fat: 1.57g (2.41%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 16.43g (5.48%), Net
Carbohydrates: 15.18g (5.52%), Sugar: 14.34g (15.94%), Cholesterol: 5.7mg (1.9%), Sodium: 86.91mg (3.78%),
Alcohol: 0.72g (100%), Alcohol %: 0.26% (100%), Caffeine: 47.4mg (15.8%), Protein: 7.2g (14.4%), Vitamin A:
6737.79IU (134.76%), Calcium: 265.32mg (26.53%), Phosphorus: 222.02mg (22.2%), Vitamin B2: 0.36mg (21.4%),
Vitamin B12: 1.08µg (18.07%), Vitamin D: 2.02µg (13.48%), Potassium: 464.5mg (13.27%), Vitamin B5: 1.12mg (11.21%),
Magnesium: 36.48mg (9.12%), Vitamin B1: 0.13mg (8.8%), Manganese: 0.17mg (8.29%), Vitamin K: 7.07µg (6.74%),
Vitamin B6: 0.13mg (6.74%), Zinc: 0.94mg (6.28%), Selenium: 4.1µg (5.86%), Fiber: 1.25g (4.99%), Iron: 0.68mg
(3.75%), Vitamin E: 0.5mg (3.33%), Vitamin B3: 0.62mg (3.1%), Folate: 11.33µg (2.83%), Copper: 0.05mg (2.71%),
Vitamin C: 1.81mg (2.2%)