



Quick Pumpkin Spice Latte



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup espresso grounds brewed
- ☐ 1 cup milk divided
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1 tablespoon pumpkin puree
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon sugar white to taste

Equipment

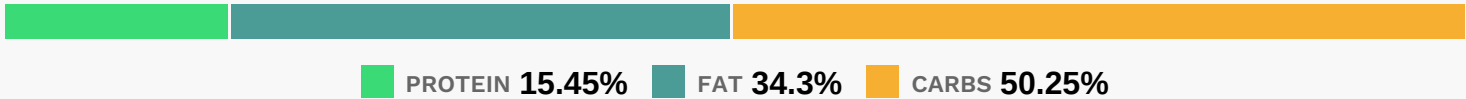
- ☐ sauce pan

- ☐ whisk
- ☐ sieve

Directions

- ☐ Whisk 1/2 cup milk, sugar, pumpkin puree, pumpkin pie spice, and vanilla extract in a small saucepan over low heat. Simmer for 5 minutes.
- ☐ Whisk in remaining 1/2 cup milk.
- ☐ Pour milk mixture through a fine-mesh sieve to remove pulp. Return milk mixture to saucepan and simmer, whisking, 2 minutes.
- ☐ Add espresso and whisk until foamy, 1 minute.

Nutrition Facts



Properties

Glycemic Index:108.09, Glycemic Load:12.71, Inflammation Score:-9, Nutrition Score:13.473913016527%

Nutrients (% of daily need)

Calories: 215.61kcal (10.78%), Fat: 8.25g (12.69%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 26.45g (9.62%), Sugar: 24.62g (27.35%), Cholesterol: 29.28mg (9.76%), Sodium: 103.07mg (4.48%), Alcohol: 0.69g (100%), Alcohol %: 0.26% (100%), Caffeine: 125.08mg (41.69%), Protein: 8.36g (16.71%), Vitamin A: 2734.95IU (54.7%), Calcium: 319.18mg (31.92%), Vitamin B2: 0.46mg (26.83%), Phosphorus: 258.3mg (25.83%), Vitamin B12: 1.32µg (21.96%), Magnesium: 82.89mg (20.72%), Manganese: 0.38mg (19.18%), Vitamin D: 2.68µg (17.89%), Vitamin B3: 3.44mg (17.19%), Potassium: 481.21mg (13.75%), Vitamin B5: 0.99mg (9.87%), Vitamin B1: 0.14mg (9.58%), Vitamin B6: 0.17mg (8.35%), Zinc: 1.11mg (7.37%), Selenium: 4.95µg (7.08%), Iron: 0.69mg (3.82%), Vitamin K: 3.76µg (3.58%), Copper: 0.06mg (3%), Fiber: 0.73g (2.92%), Vitamin E: 0.33mg (2.17%), Vitamin C: 1.22mg (1.47%)