



Sarah's Frozen Pumpkin Spice Cocktail



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



233 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup pumpkin spice coffee-flavored liqueur kahlua® such as
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 cubes ice cubes
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 cup pumpkin puree

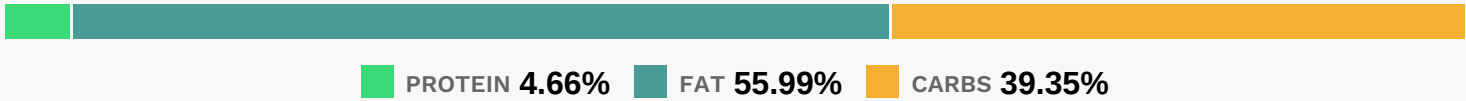
Equipment

- ☐ blender

Directions

- ☐ Combine cream, milk, pumpkin puree, pumpkin liqueur, and pumpkin pie spice together in a blender.
- ☐ Add ice cubes. Blend until smooth, 30 to 45 seconds.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:7.7195652360501%

Nutrients (% of daily need)

Calories: 232.76kcal (11.64%), Fat: 11.95g (18.39%), Saturated Fat: 7.52g (46.98%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 17.94g (6.52%), Sugar: 17.19g (19.1%), Cholesterol: 37.28mg (12.43%), Sodium: 26.57mg (1.16%), Alcohol: 6.4g (100%), Alcohol %: 4.59% (100%), Protein: 2.24g (4.48%), Vitamin A: 5254.21IU (105.08%), Calcium: 70.2mg (7.02%), Vitamin B2: 0.12mg (6.78%), Manganese: 0.13mg (6.32%), Phosphorus: 59.37mg (5.94%), Vitamin K: 6.09µg (5.8%), Vitamin D: 0.81µg (5.41%), Vitamin E: 0.62mg (4.15%), Potassium: 140.41mg (4.01%), Fiber: 0.96g (3.85%), Vitamin B12: 0.21µg (3.54%), Magnesium: 14.03mg (3.51%), Vitamin B5: 0.31mg (3.12%), Iron: 0.55mg (3.08%), Vitamin B6: 0.05mg (2.41%), Copper: 0.05mg (2.39%), Selenium: 1.64µg (2.34%), Vitamin B1: 0.03mg (2.07%), Vitamin C: 1.58mg (1.92%), Zinc: 0.27mg (1.77%), Folate: 4.99µg (1.25%)