



Wizard's Pumpkin Juice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups apple cider
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 1 cup ice cubes
- ☐ 1 cup pumpkin puree
- ☐ 1 pinch salt
- ☐ 2 cups seltzer water

Equipment

blender

Directions

- Blend pumpkin and ice together in a blender on high until ice is finely chopped.
- Add apple cider, sparkling water, nutmeg, cinnamon, and salt; blend until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:5.39, Inflammation Score:-10, Nutrition Score:7.9739130476247%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 76.54kcal (3.83%), Fat: 0.42g (0.64%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 16.36g (5.95%), Sugar: 13.45g (14.94%), Cholesterol: 0mg (0%), Sodium: 45.32mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin A: 9533.92IU (190.68%), Manganese: 0.2mg (9.79%), Vitamin K: 9.82µg (9.35%), Fiber: 2.09g (8.36%), Potassium: 248.81mg (7.11%), Iron: 1.02mg (5.65%), Magnesium: 22.25mg (5.56%), Copper: 0.1mg (4.95%), Vitamin C: 3.64mg (4.42%), Vitamin E: 0.66mg (4.41%), Calcium: 34.02mg (3.4%), Vitamin B2: 0.05mg (3.14%), Phosphorus: 30.26mg (3.03%), Vitamin B5: 0.3mg (3.03%), Vitamin B6: 0.06mg (2.8%), Vitamin B1: 0.04mg (2.69%), Folate: 7.54µg (1.89%), Zinc: 0.26mg (1.72%), Vitamin B3: 0.31mg (1.57%)