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Iced Pumpkin Coffee ♦♦

Iced Pumpkin Coffee is a refreshing and flavorful drink that combines the rich taste of coffee with the warm spices of pumpkin. It is perfect for those who love the taste of pumpkin but want a cool and refreshing beverage. The drink is made by combining brewed coffee with pumpkin puree, milk, sweetener, and ice. It can be enjoyed as a morning pick-me-up or as a delicious treat on a hot summer day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

1 c	brewed coffee
0.5 c	pumpkin puree
0.5 c	Milk
2 tbsp	sweetener (optional)

2 c ice cubes

Directions

Step 1

Brew a cup of coffee and let it cool.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the cooled coffee, pumpkin puree, milk, and sweetener. Blend until smooth.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Add ice cubes to a glass and pour the blended mixture over the ice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stir well and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	320 iu	35.56%	45.71%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Events

Christmas

Halloween

Barbecue

Cuisines

Italian

Nutritional Content

High Protein

Low Fat

High Fiber

Course

Salads

Snacks

Sauces & Dressings

Drinks

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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