



## Adam Bernbach's Piña Colada

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



388 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounces coconut milk
- 8 ounces rum dark
- 4 ounces little demerara sugar (see note above)
- 2 ounces juice of lime fresh (from 3 to 4 limes)
- 8 ounces pineapple fresh diced

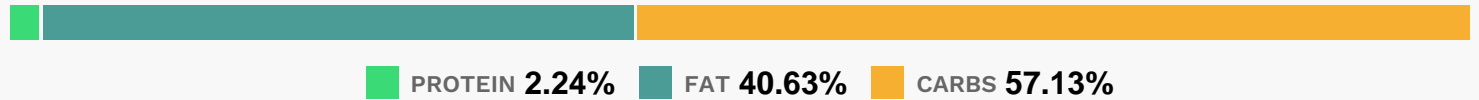
### Equipment

- blender

## Directions

- Add pineapple, coconut milk, rum, demerara syrup, and lime juice to the jar of a blender.
- Add 1 quart ice. Blend until ice is completely broken up and the mixture is smooth.
- Divide between 4 serving glasses.
- Garnish each glass with pineapple fronds.

## Nutrition Facts



## Properties

Glycemic Index:42.67, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:7.0482608251598%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 387.68kcal (19.38%), Fat: 12.17g (18.73%), Saturated Fat: 10.73g (67.07%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 37.66g (13.69%), Sugar: 33.94g (37.72%), Cholesterol: 0mg (0%), Sodium: 9.64mg (0.42%), Alcohol: 18.94g (100%), Alcohol %: 11.29% (100%), Protein: 1.51g (3.02%), Manganese: 0.99mg (49.34%), Vitamin C: 31.92mg (38.69%), Iron: 2.18mg (12.09%), Copper: 0.21mg (10.35%), Magnesium: 34.59mg (8.65%), Phosphorus: 63.5mg (6.35%), Potassium: 212.48mg (6.07%), Folate: 19.56µg (4.89%), Vitamin B1: 0.06mg (4.28%), Vitamin B6: 0.09mg (4.27%), Fiber: 0.85g (3.4%), Vitamin B3: 0.67mg (3.36%), Zinc: 0.43mg (2.85%), Calcium: 22.96mg (2.3%), Vitamin B5: 0.22mg (2.25%), Vitamin B2: 0.02mg (1.33%)