



Bobby Flay's Coconut-Banana Colada

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



423 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 banana frozen ripe peeled quartered
- 0.3 cup coconut or shredded toasted for garnish
- 3 ounces frangelico dark
- 1 cup cream of coconut canned (available in the international aisle)
- 1 lime halved
- 1 cup pineapple rings canned crushed

Equipment

- blender

Directions

- Place the bananas and pineapple in a blender; puree until smooth.
- Add the rum, cream of coconut, 2 cups ice cubes and the juice of half the lime; blend until smooth and frothy. Thinly slice the remaining lime half.
- Pour the colada into glasses; garnish with lime slices and toasted coconut, if desired.
- Photograph by Kana Okada

Nutrition Facts

 PROTEIN **1.07%**  FAT **29.74%**  CARBS **69.19%**

Properties

Glycemic Index:24.19, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:5.0630434777426%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 422.8kcal (21.14%), Fat: 14.29g (21.98%), Saturated Fat: 12.66g (79.11%), Carbohydrates: 74.81g (24.94%), Net Carbohydrates: 69.31g (25.2%), Sugar: 63.58g (70.65%), Cholesterol: 0mg (0%), Sodium: 39.38mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Fiber: 5.51g (22.02%), Vitamin C: 14.43mg (17.49%), Vitamin B6: 0.26mg (13.02%), Manganese: 0.24mg (11.78%), Potassium: 302.21mg (8.63%), Copper: 0.13mg (6.35%), Magnesium: 25.32mg (6.33%), Vitamin B1: 0.07mg (4.85%), Folate: 16.7µg (4.18%), Vitamin B2: 0.06mg (3.35%), Vitamin B3: 0.58mg (2.91%), Iron: 0.5mg (2.79%), Phosphorus: 24.81mg (2.48%), Vitamin B5: 0.25mg (2.48%), Selenium: 1.34µg (1.92%), Calcium: 16.42mg (1.64%), Vitamin A: 68.76IU (1.38%), Zinc: 0.21mg (1.38%)