

Caribbean Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



371 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup cream of coconut
- 5 servings country time lemonade flavor drink mix
- 2 cups pineapple juice cold
- 3 cups water cold

Equipment

Directions

- Measure drink mix into cap to 2-qt. line; empty into large plastic or glass pitcher.
- Add water; stir until mix is dissolved.
- Stir in remaining ingredients. Refrigerate until ready to serve.
- Serve over crushed ice.

Nutrition Facts

 **PROTEIN 0.36%**  **FAT 24.5%**  **CARBS 75.14%**

Properties

Glycemic Index:9.2, Glycemic Load:5.5, Inflammation Score:-2, Nutrition Score:4.2499999857467%

Nutrients (% of daily need)

Calories: 370.63kcal (18.53%), Fat: 10.16g (15.63%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 70.12g (23.37%), Net Carbohydrates: 67.89g (24.69%), Sugar: 64.99g (72.21%), Cholesterol: 0mg (0%), Sodium: 47.26mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Manganese: 0.48mg (23.92%), Vitamin C: 16.22mg (19.66%), Magnesium: 54.74mg (13.68%), Fiber: 2.23g (8.91%), Vitamin B6: 0.1mg (4.94%), Copper: 0.1mg (4.77%), Folate: 18.01µg (4.5%), Potassium: 147.71mg (4.22%), Vitamin B1: 0.06mg (3.82%), Calcium: 19.93mg (1.99%), Iron: 0.32mg (1.81%), Vitamin B2: 0.02mg (1.17%), Vitamin B3: 0.21mg (1.05%)