



Christmas Coladas

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

509 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup maple syrup pure
- ☐ 2.5 cups orange juice fresh
- ☐ 1.5 cups aged jamaican rum
- ☐ 6 cups coconut milk unsweetened low-fat
- ☐ 1.5 teaspoons vanilla extract pure

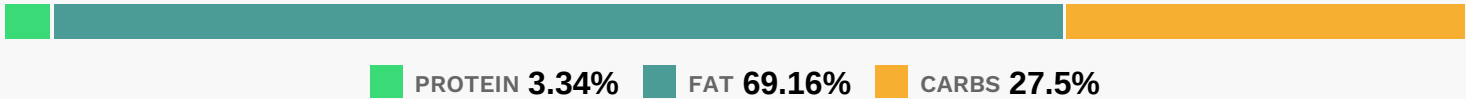
Equipment

- ☐ blender

Directions

- ☐ Combine all of the ingredients in a blender and blend until smooth.
- ☐ Pour into a tall pitcher, fill with ice and stir well.
- ☐ Pour the coladas into white-wine glasses and serve.

Nutrition Facts



Properties

Glycemic Index:10.35, Glycemic Load:9.23, Inflammation Score:-5, Nutrition Score:13.696956596297%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 509.19kcal (25.46%), Fat: 34.4g (52.92%), Saturated Fat: 30.4g (189.99%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 27.48g (9.99%), Sugar: 24.56g (27.29%), Cholesterol: 0mg (0%), Sodium: 24.81mg (1.08%), Alcohol: 12.23g (100%), Alcohol %: 5.81% (100%), Protein: 3.73g (7.46%), Manganese: 1.89mg (94.55%), Vitamin C: 35.03mg (42.46%), Copper: 0.42mg (20.92%), Vitamin B2: 0.33mg (19.25%), Magnesium: 65.24mg (16.31%), Potassium: 558.67mg (15.96%), Phosphorus: 156.02mg (15.6%), Iron: 2.53mg (14.04%), Fiber: 3.29g (13.17%), Selenium: 8.99µg (12.84%), Folate: 41.64µg (10.41%), Zinc: 1.18mg (7.87%), Vitamin B1: 0.11mg (7.43%), Vitamin B3: 1.37mg (6.85%), Calcium: 56.25mg (5.62%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.07mg (3.64%), Vitamin A: 124IU (2.48%), Vitamin E: 0.24mg (1.61%)