



Coconut Blue Hawaiian

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cream of coconut (not coconut milk)
- 4 ounces curacao blue
- 10 ice cubes
- 1 cup pineapple juice

Equipment

- blender

Directions

- Chill martini glasses in freezer several hours before serving.
- Place all ingredients except cherries in blender. Cover and blend on highspeed about 45 seconds or until smooth.
- Pour pineapple mixture into glasses.
- Garnish with cherry.

Nutrition Facts

PROTEIN 0.47% **FAT 23.75%** **CARBS 75.78%**

Properties

Glycemic Index:11.5, Glycemic Load:3.44, Inflammation Score:-1, Nutrition Score:1.9730434824267%

Nutrients (% of daily need)

Calories: 226.02kcal (11.3%), Fat: 4.8g (7.38%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 33.38g (12.14%), Sugar: 29.79g (33.1%), Cholesterol: 0mg (0%), Sodium: 17.1mg (0.74%), Alcohol: 8.5g (100%), Alcohol %: 7.15% (100%), Protein: 0.21g (0.42%), Manganese: 0.3mg (14.87%), Vitamin C: 5.9mg (7.15%), Fiber: 1.06g (4.25%), Vitamin B6: 0.06mg (2.95%), Folate: 10.62µg (2.65%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.28%), Potassium: 76.7mg (2.19%), Magnesium: 7.43mg (1.86%), Iron: 0.18mg (1.02%)