

Cool Colada



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



436 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

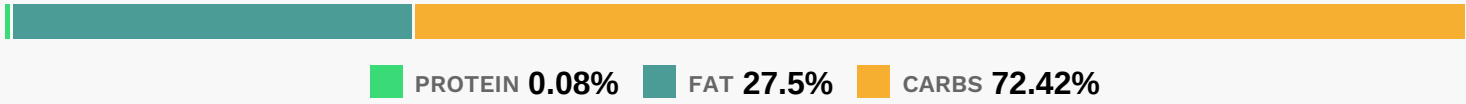
- ☐ 0.8 cup cream of coconut
- ☐ 4 servings ice cubes for serving
- ☐ 0.3 cup juice of lime
- ☐ 2 cups pear juice
- ☐ 1 cup rum white
- ☐ 12 ounce seltzer canned

Equipment

Directions

- ☐ In a small pitcher, combine the seltzer, pear juice, cream of coconut and lime juice. Stir well.
- ☐ Pour into ice-filled glasses.
- ☐ Add 1/4 cup rum per drink, if desired.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.3278260762277%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 436.02kcal (21.8%), Fat: 9.26g (14.25%), Saturated Fat: 8.33g (52.04%), Carbohydrates: 54.88g (18.29%), Net Carbohydrates: 52.85g (19.22%), Sugar: 46.28g (51.43%), Cholesterol: 0mg (0%), Sodium: 59.23mg (2.58%), Alcohol: 20.04g (100%), Alcohol %: 6.42% (100%), Protein: 0.06g (0.13%), Vitamin C: 46.45mg (56.3%), Fiber: 2.03g (8.13%), Copper: 0.11mg (5.57%), Potassium: 181.8mg (5.19%), Vitamin K: 4.31µg (4.1%), Magnesium: 12.54mg (3.14%), Vitamin B2: 0.04mg (2.46%), Calcium: 22.93mg (2.29%), Vitamin B3: 0.4mg (2.01%), Phosphorus: 19.4mg (1.94%), Folate: 6.47µg (1.62%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.32%)