



Creamy Pina Colada

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup coconut liqueur
- 2 tablespoons cream of coconut
- 4 servings ice cubes crushed
- 0.3 cup rum light
- 8 ounce pineapple in syrup light crushed undrained canned
- 1 cup whipped cream

Equipment

- blender

Directions

- Combine first 5 ingredients in container of an electric blender; cover and process until smooth.
- Add enough crushed ice to reach 4 cups; cover and process until smooth.
- Pour into glasses, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:4.64, Inflammation Score:-2, Nutrition Score:3.1252173638862%

Nutrients (% of daily need)

Calories: 207.36kcal (10.37%), Fat: 6.95g (10.69%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.29g (8.1%), Sugar: 21.73g (24.14%), Cholesterol: 14.52mg (4.84%), Sodium: 32.97mg (1.43%), Alcohol: 6.68g (100%), Alcohol %: 6.76% (100%), Protein: 1.61g (3.22%), Fiber: 1.73g (6.94%), Vitamin C: 5.69mg (6.9%), Vitamin B2: 0.09mg (5.47%), Calcium: 52.04mg (5.2%), Vitamin B1: 0.08mg (5.06%), Copper: 0.09mg (4.72%), Phosphorus: 45.07mg (4.51%), Potassium: 154.18mg (4.41%), Manganese: 0.08mg (4.06%), Magnesium: 14.73mg (3.68%), Vitamin A: 167.28IU (3.35%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.21mg (2.07%), Selenium: 1.33µg (1.89%), Iron: 0.32mg (1.77%), Folate: 5.78µg (1.45%), Vitamin B3: 0.23mg (1.14%)