



Dairy-Free Piña Colada Ice Cream



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



1094 kcal

DESSERT

Ingredients

- ☐ 1.5 cups pineapple fresh with juice (can sub canned in a pinch) crushed
- ☐ 1 cup dairy-free coconut milk beverage unsweetened
- ☐ 1 cup dairy-free creamer plain (Dione used So Delicious Original Coconut Creamer)
- ☐ 1 cup full fat coconut cream
- ☐ 1 cup agave nectar raw blue
- ☐ 2 tablespoons juice of lemon fresh (for brightness)
- ☐ 0.5 cup coconut flakes unsweetened fine

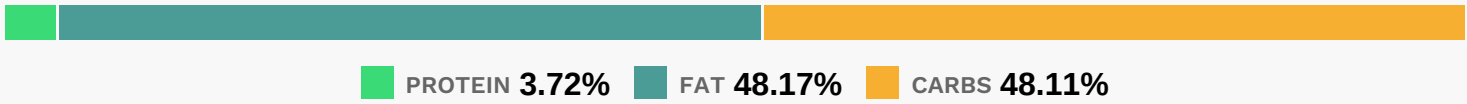
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a food processor or blender, crush the fresh or canned pineapple.
- ☐ Remove it to a bowl.
- ☐ Put the milk beverage, creamer, coconut cream, agave, and lemon juice in your food processor or blender and process until smooth.
- ☐ Add the crushed pineapple and just pulse to combine.
- ☐ Transfer the mixture into an ice cream maker, add the coconut flakes, and freeze according to your ice cream makers instructions.
- ☐ Enjoy as soft serve, or pack the ice cream into a container, and place it in the freezer for 4 hours or more. This will harden it for scooping.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:13.78, Inflammation Score:-7, Nutrition Score:27.221739084824%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1093.97kcal (54.7%), Fat: 58.36g (89.78%), Saturated Fat: 49.32g (308.26%), Carbohydrates: 131.16g (43.72%), Net Carbohydrates: 122.56g (44.57%), Sugar: 106.97g (118.86%), Cholesterol: 0mg (0%), Sodium: 77.57mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Manganese: 2.16mg (107.77%), Vitamin C: 49.44mg (59.93%), Copper: 0.93mg (46.27%), Vitamin B6: 0.76mg (38.06%), Fiber: 8.61g (34.42%), Vitamin B3: 6.24mg (31.19%), Vitamin E: 4.19mg (27.96%), Vitamin B2: 0.47mg (27.55%), Folate: 110.06µg (27.51%), Vitamin B1: 0.4mg (26.55%), Iron: 4.51mg (25.06%), Potassium: 859.95mg (24.57%), Vitamin K: 25.76µg (24.54%), Vitamin B12:

1.27µg (21.24%), Calcium: 207.65mg (20.76%), Phosphorus: 201.98mg (20.2%), Magnesium: 75.09mg (18.77%), Zinc: 2.02mg (13.44%), Selenium: 9.07µg (12.96%), Vitamin A: 532.52IU (10.65%), Vitamin D: 1.42µg (9.44%), Vitamin B5: 0.5mg (5.03%)