



## Easy Paradise Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



566 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 15 ounce cream of coconut coco lopez® canned (such as )
- 16 ounce pineapple in juice chilled canned
- 16 ounce strawberries frozen
- 0.5 teaspoon vanilla extract

### Equipment

- blender

# Directions

Blend pineapple, strawberries, cream of coconut, and vanilla extract together in a blender until smooth.

# Nutrition Facts

**PROTEIN 0.94%** **FAT 28.6%** **CARBS 70.46%**

## Properties

Glycemic Index:10, Glycemic Load:2.58, Inflammation Score:-4, Nutrition Score:9.7769564286522%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 566.09kcal (28.3%), Fat: 18.19g (27.98%), Saturated Fat: 15.97g (99.83%), Carbohydrates: 100.83g (33.61%), Net Carbohydrates: 93.55g (34.02%), Sugar: 92.66g (102.95%), Cholesterol: 0mg (0%), Sodium: 55.47mg (2.41%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 1.34g (2.68%), Vitamin C: 77.34mg (93.74%), Fiber: 7.28g (29.13%), Manganese: 0.44mg (21.94%), Vitamin B1: 0.14mg (9.53%), Potassium: 314.85mg (9%), Copper: 0.18mg (8.81%), Folate: 32.89µg (8.22%), Magnesium: 31.81mg (7.95%), Vitamin B6: 0.14mg (6.92%), Iron: 0.78mg (4.35%), Vitamin B3: 0.76mg (3.81%), Calcium: 36.34mg (3.63%), Phosphorus: 35.18mg (3.52%), Vitamin K: 3.29µg (3.13%), Vitamin B2: 0.05mg (2.9%), Vitamin E: 0.35mg (2.34%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.14mg (1.42%), Vitamin A: 70.31IU (1.41%), Selenium: 0.91µg (1.3%)