



Fresh Pineapple Coolers

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



240 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon coconut extract
- 10 cubes ice cubes
- 0.5 pineapple fresh cored peeled cut into chunks
- 2 cups pineapple juice


Equipment

- blender

Directions

- In a blender, combine pineapple chunks, pineapple juice and coconut extract. Puree until smooth. Then, with the blender running, drop ice cubes one at a time into the opening in the lid of the blender. Make sure each cube is crushed before adding the next. Blend to desired texture.
- Serve in tall glasses.

Nutrition Facts

 PROTEIN **3.27%**  FAT **1.97%**  CARBS **94.76%**

Properties

Glycemic Index:52.33, Glycemic Load:29.28, Inflammation Score:-7, Nutrition Score:16.559999976469%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 239.98kcal (12%), Fat: 0.56g (0.85%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 60.09g (20.03%), Net Carbohydrates: 56.45g (20.53%), Sugar: 45.92g (51.02%), Cholesterol: 0mg (0%), Sodium: 10.54mg (0.46%), Alcohol: 0.21g (100%), Alcohol %: 0.05% (100%), Protein: 2.07g (4.14%), Manganese: 3.29mg (164.41%), Vitamin C: 131.75mg (159.69%), Vitamin B6: 0.49mg (24.48%), Copper: 0.42mg (21.17%), Vitamin B1: 0.32mg (21.05%), Folate: 83.21µg (20.8%), Potassium: 554.32mg (15.84%), Fiber: 3.64g (14.56%), Magnesium: 56.24mg (14.06%), Vitamin B3: 1.6mg (8.02%), Iron: 1.39mg (7.71%), Vitamin B2: 0.12mg (7.21%), Calcium: 62.26mg (6.23%), Vitamin B5: 0.61mg (6.14%), Phosphorus: 37.02mg (3.7%), Zinc: 0.54mg (3.59%), Vitamin A: 143.02IU (2.86%), Vitamin K: 2.29µg (2.18%)