



Ginger Lemongrass Pina Colada

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



432 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup coconut milk
- 0.8 cup ginger fresh peeled sliced
- 4 servings ice cubes
- 1 pinch kosher salt
- 1 stalk lemongrass
- 4 inch pieces lemongrass fresh for garnish
- 2 cups pineapple juice chilled
- 1 cup rum white chilled

0.5 cup sugar

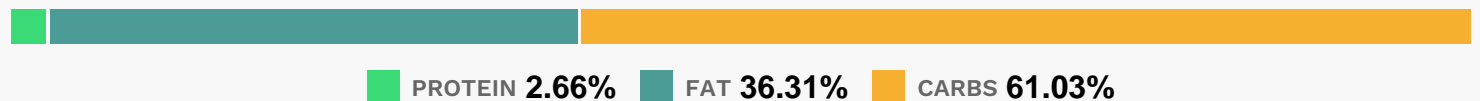
Equipment

- bowl
- sauce pan
- whisk
- blender
- chefs knife

Directions

- With the back of a heavy chef's knife, bruise the lemongrass stalk to expose the inside fibers and cut it into 1-inch lengths.
- Combine the lemongrass pieces, ginger, sugar and 1/2 cup water in a small saucepan. Bring to a simmer and cook a few minutes until the sugar dissolves.
- Remove from the heat and steep for 20 minutes.
- Strain the syrup into a bowl, discarding the solids.
- Place the bowl over a larger bowl filled with ice and whisk the syrup until it cools.
- Combine the pineapple juice, coconut milk, rum and all of the cooled syrup in a blender and blend; it will make a nice frothy layer on top.
- Pour into 4 tumblers with or without ice and garnish with the mint or lemongrass.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:26.3, Inflammation Score:-5, Nutrition Score:8.8865218965904%

Nutrients (% of daily need)

Calories: 431.76kcal (21.59%), Fat: 12.45g (19.16%), Saturated Fat: 10.74g (67.15%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 46.49g (16.91%), Sugar: 37.03g (41.15%), Cholesterol: 0mg (0%), Sodium: 25.91mg (1.13%), Alcohol: 20.04g (100%), Alcohol %: 7.42% (100%), Protein: 2.05g (4.11%), Manganese: 1.54mg (76.94%), Iron: 3.09mg

(17.17%), Vitamin C: 13.49mg (16.35%), Copper: 0.29mg (14.73%), Magnesium: 53.7mg (13.43%), Potassium: 417.36mg (11.92%), Folate: 37.69µg (9.42%), Vitamin B6: 0.17mg (8.51%), Phosphorus: 81.04mg (8.1%), Vitamin B1: 0.09mg (6.31%), Zinc: 0.73mg (4.9%), Vitamin B3: 0.83mg (4.17%), Calcium: 36.01mg (3.6%), Vitamin B2: 0.05mg (2.93%), Fiber: 0.6g (2.38%), Vitamin B5: 0.19mg (1.93%)