



Guilt-Free Piña Coladas

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 0.3 cup orange–pineapple–apple juice concentrate undiluted thawed
- ☐ 21 ounce pineapple diced frozen
- ☐ 0.5 cup rum white
- ☐ 0.3 cup condensed milk fat-free sweetened

Equipment

- ☐ blender

Directions

- ☐ Combine half of each ingredient except pineapple wedges in a blender; process until smooth.
- ☐ Pour into a pitcher. Repeat procedure.
- ☐ Pour into glasses, and garnish with pineapple wedges, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:18.68, Inflammation Score:-6, Nutrition Score:13.505652110214%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 261.49kcal (13.07%), Fat: 2.46g (3.78%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 39.42g (14.33%), Sugar: 35.6g (39.56%), Cholesterol: 8.67mg (2.89%), Sodium: 35.86mg (1.56%), Alcohol: 10.13g (100%), Alcohol %: 5.62% (100%), Protein: 3.39g (6.78%), Vitamin C: 106.12mg (128.63%), Manganese: 1.4mg (69.93%), Vitamin B1: 0.21mg (13.83%), Vitamin B6: 0.24mg (12.08%), Folate: 47.82µg (11.95%), Potassium: 406.75mg (11.62%), Vitamin B2: 0.2mg (11.57%), Calcium: 100.8mg (10.08%), Copper: 0.19mg (9.4%), Fiber: 2.32g (9.28%), Phosphorus: 92.08mg (9.21%), Magnesium: 32.81mg (8.2%), Vitamin B5: 0.64mg (6.41%), Selenium: 4.02µg (5.74%), Vitamin B3: 1.06mg (5.3%), Vitamin A: 244.11IU (4.88%), Iron: 0.57mg (3.17%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.11µg (1.87%), Vitamin E: 0.21mg (1.42%), Vitamin K: 1.29µg (1.23%)