



Hawaiian Crush



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



87 kcal

SIDE DISH

Ingredients

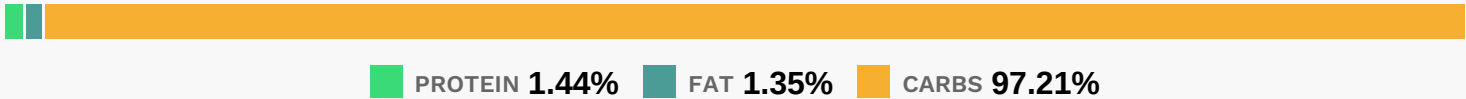
- ☐ 33.8 ounce club soda chilled
- ☐ 0.3 teaspoon coconut extract
- ☐ 1.8 cups guava nectar
- ☐ 12 ounce pineapple juice concentrate frozen undiluted thawed canned
- ☐ 0.8 cup water

Equipment

Directions

- ☐
- Combine first 4 ingredients in a large pitcher, stirring well. Cover and chill, if desired.
- ☐
- Just before serving, stir in club soda.
- ☐
- Serve over crushed ice.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:3.97, Inflammation Score:-2, Nutrition Score:3.7421739065777%

Nutrients (% of daily need)

Calories: 86.84kcal (4.34%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.84g (7.58%), Sugar: 17.69g (19.65%), Cholesterol: 0mg (0%), Sodium: 49.55mg (2.15%), Alcohol: 0.08g (100%), Alcohol %: 0.03% (100%), Protein: 0.32g (0.65%), Vitamin C: 24.11mg (29.22%), Manganese: 0.38mg (19.03%), Fiber: 1.01g (4.06%), Copper: 0.08mg (3.96%), Vitamin B6: 0.08mg (3.84%), Folate: 14.88µg (3.72%), Potassium: 126.03mg (3.6%), Magnesium: 13.1mg (3.28%), Calcium: 29.18mg (2.92%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.3mg (1.49%), Iron: 0.23mg (1.28%), Vitamin B5: 0.11mg (1.13%), Vitamin B2: 0.02mg (1.01%)