



Kiwi Colada



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cream of coconut
- ☐ 1.5 cups ice crushed
- ☐ 1 slices kiwi fruit
- ☐ 2 kiwi fruit peeled
- ☐ 3 tablespoons rum light
- ☐ 3 tablespoons jigger melon liqueur
- ☐ 0.3 cup pineapple juice
- ☐ 2 tablespoons whipping cream

Equipment

☐ blender

Directions

- ☐ Process ice and next 6 ingredients in a blender until smooth.
- ☐ Garnish with kiwi slices, if desired.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:3.4986955795599%

Flavonoids

Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.78kcal (4.44%), Fat: 2.48g (3.82%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.4g (4.15%), Sugar: 10.5g (11.67%), Cholesterol: 3.39mg (1.13%), Sodium: 8.26mg (0.36%), Alcohol: 2.25g (100%), Alcohol %: 2.95% (100%), Protein: 0.57g (1.13%), Vitamin C: 27.65mg (33.51%), Vitamin K: 14.7µg (14%), Fiber: 1.34g (5.38%), Vitamin E: 0.5mg (3.33%), Manganese: 0.07mg (3.3%), Copper: 0.06mg (2.98%), Folate: 10.59µg (2.65%), Potassium: 82.29mg (2.35%), Magnesium: 7.06mg (1.77%), Calcium: 16.48mg (1.65%), Vitamin A: 75.89IU (1.52%), Phosphorus: 14.7mg (1.47%), Vitamin B6: 0.03mg (1.45%)