

Lava Smash

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups ice cubes crushed
- ☐ 2 no-calorie sweetener packets
- ☐ 2 servings pineapple wedges for optional garnish
- ☐ 0.3 cup pineapple in juice crushed drained not
- ☐ 3 ounces rum
- ☐ 8 strawberries unsweetened frozen thawed
- ☐ 0.5 cup calorie-free coconut-flavored syrup sugar-free sugar free recommended: Torani
- ☐ 0.5 cup whipped cream fat-free

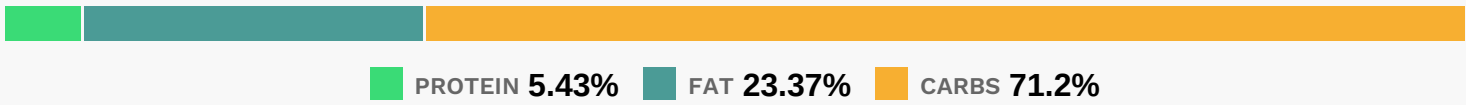
Equipment

☐ blender

Directions

- ☐ Add strawberries and rum to a blender and puree until smooth. Distribute evenly between 2 tall glasses.
- ☐ Rinse the blender.
- ☐ Put the remaining ingredients in the blender along with 4 ounces (1/2 cup) of cold water. Blend at high speed until smooth.
- ☐ Very slowly pour the contents of the blender over the strawberry mixture in the glasses. If you like, garnish each glass with a pineapple wedge.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:112.33, Glycemic Load:11.82, Inflammation Score:-6, Nutrition Score:10.210869656957%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 240.09kcal (12%), Fat: 3.9g (6%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 24.07g (8.75%), Sugar: 21.5g (23.89%), Cholesterol: 14.52mg (4.84%), Sodium: 40.19mg (1.75%), Alcohol: 14.2g (100%), Alcohol %: 3.43% (100%), Protein: 2.04g (4.07%), Vitamin C: 69.98mg (84.83%), Manganese: 0.96mg (48.02%), Fiber: 2.64g (10.56%), Copper: 0.19mg (9.62%), Vitamin B1: 0.12mg (7.72%), Vitamin B6: 0.15mg (7.41%), Potassium: 257.98mg (7.37%), Folate: 29.15µg (7.29%), Vitamin B2: 0.12mg (7.21%), Calcium: 71.36mg (7.14%), Magnesium: 26.52mg (6.63%), Phosphorus: 56.05mg (5.61%), Vitamin B5: 0.43mg (4.27%), Vitamin A: 203.85IU (4.08%), Vitamin B3: 0.71mg (3.53%), Zinc: 0.46mg (3.05%), Iron: 0.55mg (3.03%), Vitamin B12: 0.13µg (2.14%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.26mg (1.73%), Selenium: 0.96µg (1.37%)