



Lemon Pineapple Smoothies

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 cup lemon lime soda chilled
- 2 tablespoons lemonade concentrate
- 20 ounces dole pineapple tidbits drained canned
- 2 cups whipped cream
- 1 drop food coloring yellow

Equipment

- blender

Directions

- In a blender, combine all ingredients; cover and process until smooth.
- Pour into chilled glasses; serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.22, Inflammation Score:-4, Nutrition Score:5.8386956116428%

Nutrients (% of daily need)

Calories: 260.35kcal (13.02%), Fat: 7.47g (11.49%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 45.14g (16.42%), Sugar: 43.51g (48.34%), Cholesterol: 29.04mg (9.68%), Sodium: 60.63mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.85mg (2.95%), Protein: 3.1g (6.2%), Vitamin C: 14.69mg (17.8%), Vitamin B1: 0.17mg (11.54%), Vitamin B2: 0.19mg (11.07%), Calcium: 108.86mg (10.89%), Fiber: 2.33g (9.31%), Potassium: 313.02mg (8.94%), Copper: 0.17mg (8.39%), Phosphorus: 79.74mg (7.97%), Magnesium: 31.61mg (7.9%), Vitamin B6: 0.14mg (6.97%), Vitamin A: 348.73IU (6.97%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.39mg (3.92%), Folate: 10.9µg (2.73%), Iron: 0.47mg (2.64%), Selenium: 1.78µg (2.55%), Vitamin B3: 0.5mg (2.48%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.21µg (1.15%)