

Mango Colada

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

READY IN



45 min.

SERVINGS



5

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 servings garnish: sugarcane swizzle sticks
- 0.5 cup malibu coconut rum
- 0.5 cup cream of coconut
- 1 cup pineapple cubes fresh
- 2 cups ice cubes crushed
- 2 cups mango cubes fresh
- 1 cup mango rum

Equipment

blender

Directions

Process mango cubes, pineapple cubes, mango rum, coconut rum, cream of coconut, and crushed ice in a blender until smooth.

Garnish, if desired.

Nutrition Facts



PROTEIN 9.39% **FAT 27.46%** **CARBS 63.15%**

Properties

Glycemic Index:19.75, Glycemic Load:4.58, Inflammation Score:-6, Nutrition Score:4.0878260524377%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 303.22kcal (15.16%), Fat: 6g (9.23%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 29g (10.54%), Sugar: 29.2g (32.44%), Cholesterol: 12.21mg (4.07%), Sodium: 318.69mg (13.86%), Alcohol: 16.03g (100%), Alcohol %: 7.1% (100%), Protein: 4.62g (9.24%), Vitamin C: 24.06mg (29.16%), Vitamin A: 718.61IU (14.37%), Fiber: 2.06g (8.23%), Folate: 28.74µg (7.18%), Copper: 0.1mg (4.94%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.6mg (3.98%), Potassium: 114.44mg (3.27%), Vitamin K: 3.07µg (2.92%), Manganese: 0.05mg (2.56%), Vitamin B3: 0.45mg (2.25%), Magnesium: 7.66mg (1.91%), Vitamin B2: 0.03mg (1.62%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.44%), Vitamin B5: 0.13mg (1.32%), Phosphorus: 11.4mg (1.14%), Calcium: 10.5mg (1.05%)