

# Mango Colada

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup cream of coconut
- 1 cup ice cubes crushed
- 0.3 cup rum light
- 2 tablespoons juice of lime fresh
- 1 cup mango cubes ripe
- 0.5 cup pineapple juice unsweetened

## Equipment

- blender

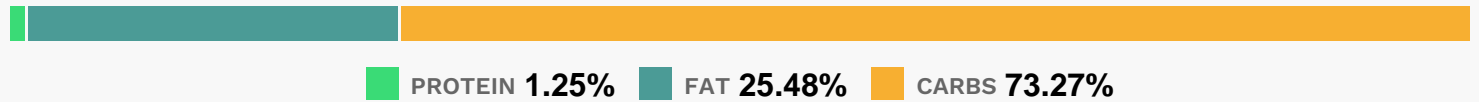
drinking straws

## Directions

Place all ingredients in a blender and blend until smooth and thick.

Pour into tall glasses and serve with a straw.

## Nutrition Facts



## Properties

Glycemic Index:28.19, Glycemic Load:4.58, Inflammation Score:-5, Nutrition Score:3.6208695263966%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 195.27kcal (9.76%), Fat: 4.31g (6.63%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 26.31g (9.57%), Sugar: 25.17g (27.96%), Cholesterol: 0mg (0%), Sodium: 16.64mg (0.72%), Alcohol: 6.68g (100%), Alcohol %: 4.65% (100%), Protein: 0.48g (0.95%), Vitamin C: 20.22mg (24.5%), Vitamin A: 451.55IU (9.03%), Manganese: 0.18mg (8.98%), Fiber: 1.57g (6.28%), Folate: 23.8µg (5.95%), Copper: 0.08mg (4.09%), Vitamin B6: 0.08mg (4.08%), Potassium: 116.82mg (3.34%), Vitamin E: 0.39mg (2.62%), Magnesium: 8.86mg (2.21%), Vitamin B1: 0.03mg (2.12%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.35mg (1.74%), Vitamin B2: 0.02mg (1.4%), Calcium: 11.2mg (1.12%), Vitamin B5: 0.11mg (1.07%)