



Orange Pineapple Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1 tray ice
- 1 tablespoon juice of lime
- 4 maraschino cherries
- 6 ounce orange juice concentrate frozen canned
- 8 ounce pineapple chunks canned undrained
- 1 cup rum white
- 2 tablespoons sugar

Equipment

blender

Directions

- In a blender, combine pineapple, orange juice concentrate with juice, rum, sugar, lime juice and ice cubes. Blend until smooth.
- Pour into glasses, garnish with cherries, and serve.

Nutrition Facts



PROTEIN 3.93% **FAT 1.33%** **CARBS 94.74%**

Properties

Glycemic Index:21.27, Glycemic Load:4.19, Inflammation Score:-6, Nutrition Score:7.2439129197079%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 267.84kcal (13.39%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 30.85g (11.22%), Sugar: 28.71g (31.9%), Cholesterol: 0mg (0%), Sodium: 4.65mg (0.2%), Alcohol: 20.04g (100%), Alcohol %: 14.31% (100%), Protein: 1.34g (2.67%), Vitamin C: 68.11mg (82.56%), Vitamin B1: 0.18mg (11.95%), Potassium: 344.54mg (9.84%), Folate: 35.95µg (8.99%), Vitamin B6: 0.16mg (7.77%), Magnesium: 23.92mg (5.98%), Copper: 0.11mg (5.37%), Fiber: 1.34g (5.35%), Vitamin B2: 0.09mg (5.32%), Vitamin A: 193.64IU (3.87%), Phosphorus: 32.98mg (3.3%), Vitamin B3: 0.64mg (3.19%), Calcium: 28.62mg (2.86%), Vitamin B5: 0.25mg (2.45%), Iron: 0.35mg (1.95%), Vitamin E: 0.28mg (1.85%), Manganese: 0.03mg (1.64%), Zinc: 0.17mg (1.1%)