



Piña Colada



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



859 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces cream of coconut
- ☐ 0.5 ounce rum dark
- ☐ 2 cups ice cubes
- ☐ 1.5 ounces rum light
- ☐ 1 piece pineapple fresh
- ☐ 2 ounces pineapple juice

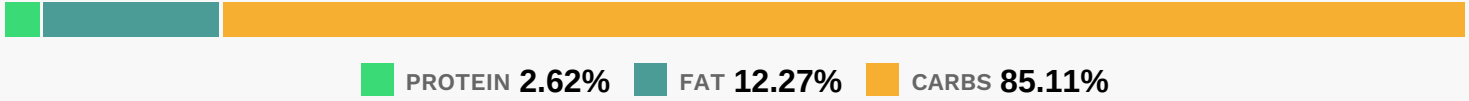
Equipment

- ☐ blender

Directions

☐ Place cream of coconut, pineapple juice, light rum, and ice in a blender. Pulse until smooth and combined, then pour into a glass. Top with dark rum and garnish with a piece of fresh pineapple.

Nutrition Facts



Properties

Glycemic Index:134.67, Glycemic Load:65.42, Inflammation Score:-10, Nutrition Score:28.164347912954%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 859.03kcal (42.95%), Fat: 10.61g (16.32%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 165.54g (55.18%), Net Carbohydrates: 150.87g (54.86%), Sugar: 132.6g (147.34%), Cholesterol: 0mg (0%), Sodium: 62.76mg (2.73%), Alcohol: 18.94g (100%), Alcohol %: 1.55% (100%), Protein: 5.09g (10.18%), Vitamin C: 438.26mg (531.22%), Manganese: 8.69mg (434.27%), Fiber: 14.67g (58.69%), Copper: 1.12mg (56.11%), Vitamin B6: 1.07mg (53.54%), Vitamin B1: 0.75mg (50.08%), Folate: 173.11µg (43.28%), Potassium: 1061.29mg (30.32%), Magnesium: 120.14mg (30.03%), Vitamin B3: 4.65mg (23.23%), Vitamin B5: 1.96mg (19.59%), Vitamin B2: 0.3mg (17.87%), Iron: 2.82mg (15.68%), Calcium: 139.22mg (13.92%), Vitamin A: 527.73IU (10.55%), Zinc: 1.22mg (8.12%), Phosphorus: 79.2mg (7.92%), Vitamin K: 6.51µg (6.2%), Selenium: 0.96µg (1.37%), Vitamin E: 0.19mg (1.28%)