

Piña Colada



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 ounces full fat coconut cream (such as Coco Lopez)



1 ounce frangelico



1 serving pineapple for garnish



1.5 ounces pineapple juice



1 ounce rum

Equipment

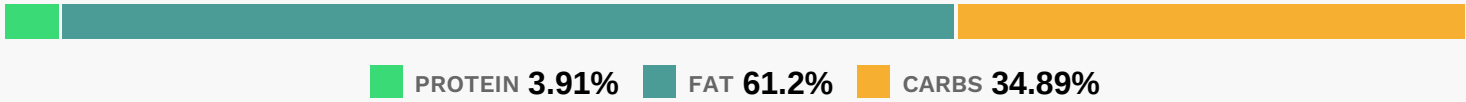


blender

Directions

- ☐ Combine all the ingredients in a blender cup.
- ☐ Add 1 cup of ice. Blend on High until smooth.
- ☐ Pour contents into a tiki glass or tall glass.
- ☐ Garnish with the pineapple wedge.
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Nutrition Facts



Properties

Glycemic Index:119.67, Glycemic Load:8.14, Inflammation Score:-4, Nutrition Score:9.710434946677%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 269.61kcal (13.48%), Fat: 14.9g (22.92%), Saturated Fat: 13.09g (81.8%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 16.93g (6.16%), Sugar: 12.37g (13.74%), Cholesterol: 0mg (0%), Sodium: 3.66mg (0.16%), Alcohol: 9.47g (100%), Alcohol %: 5.35% (100%), Protein: 2.14g (4.28%), Manganese: 1.54mg (76.94%), Vitamin C: 44.88mg (54.4%), Copper: 0.29mg (14.34%), Fiber: 2.18g (8.7%), Potassium: 283.98mg (8.11%), Folate: 32.28µg (8.07%), Vitamin B6: 0.16mg (7.76%), Iron: 1.35mg (7.51%), Vitamin B1: 0.1mg (6.95%), Magnesium: 26.91mg (6.73%), Phosphorus: 63.02mg (6.3%), Vitamin B3: 0.88mg (4.4%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.31mg (3.11%), Vitamin B2: 0.04mg (2.14%), Calcium: 20.93mg (2.09%)