

Piña Colada



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons cream of coconut
- ☐ 3 cups ice cubes
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup pineapple fresh chopped
- ☐ 2 servings garnishes: pineapple spears fresh
- ☐ 0.3 cup pineapple juice
- ☐ 6 tablespoons silver white
- ☐ 6 tablespoons silver white

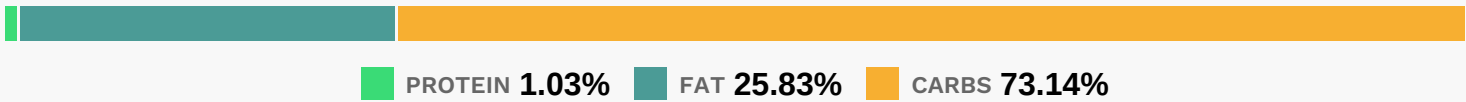
Equipment

☐ blender

Directions

- ☐ Combine first 6 ingredients in a blender. Blend on high until smooth.
- ☐ Pour mixture into 2 tall glasses. Top each with 1/4 ounce (1 1/2 teaspoons) black strap rum, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:81.67, Glycemic Load:10.21, Inflammation Score:-4, Nutrition Score:10.113043308258%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 329.95kcal (16.5%), Fat: 9.7g (14.93%), Saturated Fat: 8.57g (53.53%), Carbohydrates: 61.8g (20.6%), Net Carbohydrates: 58.02g (21.1%), Sugar: 53.52g (59.46%), Cholesterol: 0mg (0%), Sodium: 48.52mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin C: 68.85mg (83.46%), Manganese: 1.3mg (64.99%), Fiber: 3.78g (15.12%), Copper: 0.22mg (10.97%), Vitamin B6: 0.18mg (8.83%), Vitamin B1: 0.12mg (8.03%), Folate: 29.83µg (7.46%), Magnesium: 23.74mg (5.93%), Potassium: 199.56mg (5.7%), Vitamin B3: 0.71mg (3.55%), Calcium: 33.72mg (3.37%), Vitamin B5: 0.31mg (3.08%), Vitamin B2: 0.05mg (2.89%), Iron: 0.47mg (2.61%), Vitamin A: 84.5IU (1.69%), Zinc: 0.23mg (1.56%), Phosphorus: 15.41mg (1.54%), Vitamin K: 1.09µg (1.04%)