



Piña Colada Flaca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



1

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon coconut milk
- ☐ 12 ounces coconut water
- ☐ 4 ounces pineapple juice
- ☐ 2 ounces rum (not spiced)

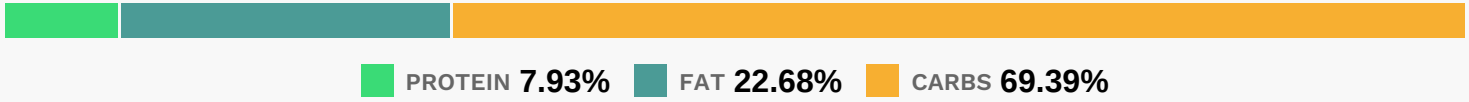
Equipment

- ☐ ice cube tray

Directions

- ☐ Freeze the coconut water in an ice cube tray.
- ☐ Place three coconut water ice cubes in a tumbler.
- ☐ Add rum and pineapple juice and stir gently. Carefully pour the coconut milk onto the top of the drink.

Nutrition Facts



Properties

Glycemic Index:213, Glycemic Load:11.9, Inflammation Score:-6, Nutrition Score:11.130869536944%

Nutrients (% of daily need)

Calories: 285.26kcal (14.26%), Fat: 4.02g (6.18%), Saturated Fat: 3.45g (21.53%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 23.67g (8.61%), Sugar: 20.2g (22.44%), Cholesterol: 0mg (0%), Sodium: 361.99mg (15.74%), Alcohol: 18.94g (100%), Alcohol %: 4.57% (100%), Protein: 3.16g (6.32%), Manganese: 1.18mg (59%), Potassium: 1032.04mg (29.49%), Magnesium: 105.56mg (26.39%), Vitamin C: 19.65mg (23.82%), Fiber: 3.97g (15.88%), Copper: 0.26mg (12.98%), Vitamin B2: 0.22mg (12.94%), Vitamin B1: 0.17mg (11.64%), Vitamin B6: 0.23mg (11.35%), Iron: 1.86mg (10.31%), Calcium: 99.09mg (9.91%), Phosphorus: 93.78mg (9.38%), Folate: 32.72µg (8.18%), Selenium: 3.52µg (5.02%), Zinc: 0.57mg (3.81%), Vitamin B3: 0.6mg (3%), Vitamin B5: 0.23mg (2.33%)