



Piña Colada Frozen Dessert

 Dairy Free

READY IN



450 min.

SERVINGS



12

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 1.3 cups graham cracker crumbs (16 squares)
- ☐ 0.3 cup soybean oil melted ()
- ☐ 1 tablespoon sugar
- ☐ 4 cups vanilla softened reduced-fat
- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 2 teaspoons rum extract
- ☐ 2 teaspoons coconut extract
- ☐ 0.3 cup coconut flakes flaked toasted

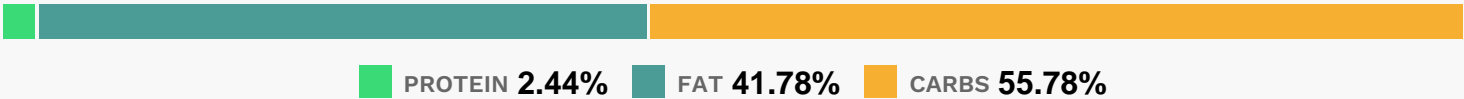
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In small bowl, mix cracker crumbs, butter and sugar. Press into ungreased 8-inch square (2-quart) glass baking dish.
- ☐ Bake about 10 minutes or until dry. Cool completely, about 1 hour.
- ☐ In large bowl, beat ice cream, pineapple with juice and extracts with electric mixer on low speed just until blended.
- ☐ Spread in baked crust. Freeze about 6 hours or until firm.
- ☐ Remove dessert from freezer about 5 minutes before serving.
- ☐ Sprinkle coconut over top.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:5.41, Inflammation Score:-1, Nutrition Score:2.8882608672847%

Nutrients (% of daily need)

Calories: 306.17kcal (15.31%), Fat: 6.63g (10.19%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 19.07g (6.93%), Sugar: 14.71g (16.34%), Cholesterol: 0mg (0%), Sodium: 64.83mg (2.82%), Alcohol: 24.13g (100%), Alcohol %: 28.87% (100%), Protein: 0.87g (1.74%), Manganese: 0.21mg (10.5%), Vitamin K: 8.49µg (8.09%), Vitamin B2: 0.09mg (5.5%), Magnesium: 18.01mg (4.5%), Copper: 0.09mg (4.38%), Potassium: 152.39mg (4.35%), Vitamin B3: 0.69mg (3.47%), Fiber: 0.83g (3.33%), Vitamin B1: 0.05mg (3.2%), Iron: 0.56mg (3.1%), Phosphorus: 26.86mg (2.69%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.32%), Vitamin C: 1.8mg (2.19%), Zinc: 0.3mg (2.01%), Calcium: 18.12mg (1.81%), Folate: 5.13µg (1.28%)