



## Piña Colada Granita



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



85 kcal

### Ingredients

- ☐ 1 teaspoon coconut extract
- ☐ 0.5 cup cream of coconut
- ☐ 0.3 cup rum dark
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 cups pineapple juice
- ☐ 8 ounce pineapple chunks in juice undrained canned

### Equipment

- ☐ food processor
- ☐ blender

☐ baking pan

Directions

- ☐ Place pineapple chunks in a blender or food processor; process until smooth.
- ☐ Combine pineapple, 3 cups pineapple juice, and next 4 ingredients in a 13 x 9-inch baking dish; cover and freeze at least 8 hours or until firm.
- ☐ Remove frozen pineapple mixture from freezer. Scrape entire mixture with a fork until fluffy. Spoon mixture into a freezer-safe container; cover and freeze up to 1 month.
- ☐ Garnish with mint sprigs, if desired.
- ☐ carbo rating: 9

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:1.7747825957511%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.86kcal (4.24%), Fat: 1.62g (2.49%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 13.96g (5.08%), Sugar: 12.69g (14.1%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 1.78g (100%), Alcohol %: 3.01% (100%), Protein: 0.24g (0.48%), Manganese: 0.22mg (11.24%), Vitamin C: 6.48mg (7.86%), Vitamin B6: 0.06mg (2.79%), Vitamin B1: 0.04mg (2.73%), Copper: 0.05mg (2.36%), Fiber: 0.59g (2.35%), Folate: 9.05µg (2.26%), Potassium: 77.59mg (2.22%), Magnesium: 7.59mg (1.9%)