



Piña Colada Ice-Cream Pie

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



436 kcal

Ingredients

- ☐ 0.5 cup cream of coconut canned (not coconut milk)
- ☐ 8 ounces pineapple rings crushed drained canned
- ☐ 2 tablespoons rum light
- ☐ 5 cups whipped cream softened
- ☐ 9 ounces graham cracker crust (es in diameter)

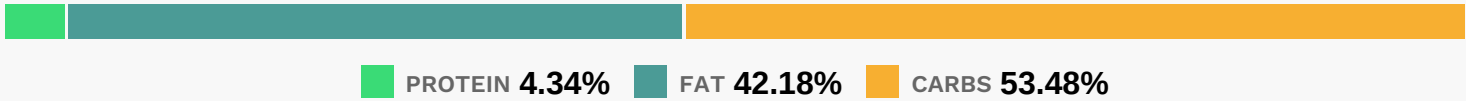
Equipment

- ☐ bowl

Directions

- ☐ Gently stir cream of coconut, pineapple and rum into ice cream in large bowl. Spoon into pie crust. Cover and freeze at least 4 hours or overnight.
- ☐ Let pie stand at room temperature 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:11.52, Inflammation Score:-3, Nutrition Score:7.16478256039%

Nutrients (% of daily need)

Calories: 436.34kcal (21.82%), Fat: 20.1g (30.92%), Saturated Fat: 9.97g (62.34%), Carbohydrates: 57.34g (19.11%), Net Carbohydrates: 55.17g (20.06%), Sugar: 39.64g (44.04%), Cholesterol: 36.3mg (12.1%), Sodium: 225.79mg (9.82%), Alcohol: 1.25g (100%), Alcohol %: 0.96% (100%), Protein: 4.66g (9.32%), Manganese: 0.42mg (20.89%), Vitamin B2: 0.27mg (16%), Phosphorus: 126.07mg (12.61%), Calcium: 119.39mg (11.94%), Fiber: 2.17g (8.67%), Vitamin B1: 0.12mg (8.11%), Vitamin A: 361.82IU (7.24%), Vitamin K: 7.4µg (7.05%), Potassium: 235.44mg (6.73%), Zinc: 1mg (6.65%), Folate: 26.27µg (6.57%), Copper: 0.12mg (6.06%), Vitamin B3: 1.2mg (6.02%), Magnesium: 23.14mg (5.78%), Vitamin E: 0.84mg (5.62%), Iron: 0.98mg (5.47%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.32µg (5.36%), Vitamin B6: 0.09mg (4.26%), Vitamin C: 3.16mg (3.83%), Selenium: 2.43µg (3.47%), Vitamin D: 0.17µg (1.1%)