



Piña Colada Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

Ingredients



1 cup full fat coconut cream (I found mine at Trader Joe. This is not the same as coconut milk)



0.5 cup pineapple chunks fresh



1 cup pineapple juice



3 tbsp rum

Equipment

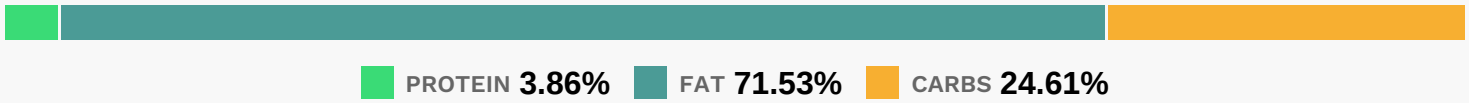


blender

Directions

- ☐
- Blend pineapple juice, coconut cream and rum in blender.
- ☐
- Add fresh pineapple chunks to ice pop molds and pour in the pina colada mix. Freeze for several hours until set and remove according to manufacturer instructions.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:6.6839130426879%

Nutrients (% of daily need)

Calories: 273kcal (13.65%), Fat: 20.91g (32.17%), Saturated Fat: 18.46g (115.37%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 14.36g (5.22%), Sugar: 10.11g (11.23%), Cholesterol: 0mg (0%), Sodium: 3.99mg (0.17%), Alcohol: 3.76g (100%), Alcohol %: 2.98% (100%), Protein: 2.54g (5.08%), Manganese: 1.08mg (54.09%), Copper: 0.3mg (15.08%), Vitamin C: 10.36mg (12.56%), Iron: 1.64mg (9.1%), Potassium: 308.6mg (8.82%), Phosphorus: 80.44mg (8.04%), Fiber: 1.82g (7.29%), Magnesium: 28.32mg (7.08%), Folate: 25.9µg (6.47%), Vitamin B1: 0.08mg (5.54%), Vitamin B6: 0.11mg (5.47%), Zinc: 0.68mg (4.5%), Vitamin B3: 0.74mg (3.68%), Calcium: 19mg (1.9%), Vitamin B5: 0.19mg (1.9%), Vitamin B2: 0.02mg (1.12%)