



Pina Colada III



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup coconut milk
- ☐ 8 cubes ice cubes
- ☐ 1 cup pineapple juice
- ☐ 0.5 cup rum
- ☐ 4 tablespoons sugar white

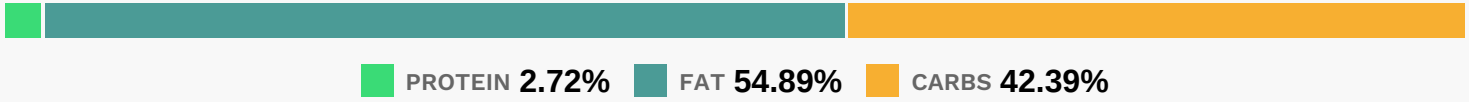
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine coconut milk, pineapple juice, rum, sugar and ice. Blend until smooth.
- ☐ Pour into glasses, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.02, Glycemic Load:13.36, Inflammation Score:-2, Nutrition Score:4.6465218078507%

Nutrients (% of daily need)

Calories: 258.08kcal (12.9%), Fat: 12.16g (18.71%), Saturated Fat: 10.69g (66.82%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 21.01g (7.64%), Sugar: 17.86g (19.85%), Cholesterol: 0mg (0%), Sodium: 10.35mg (0.45%), Alcohol: 10.02g (100%), Alcohol %: 6.85% (100%), Protein: 1.35g (2.71%), Manganese: 0.74mg (36.86%), Iron: 2.07mg (11.47%), Copper: 0.18mg (8.92%), Magnesium: 33.35mg (8.34%), Vitamin C: 6.47mg (7.84%), Phosphorus: 60.16mg (6.02%), Potassium: 201.84mg (5.77%), Folate: 18.53µg (4.63%), Vitamin B6: 0.08mg (3.76%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.4mg (2.65%), Vitamin B3: 0.48mg (2.41%), Calcium: 18.8mg (1.88%), Vitamin B5: 0.12mg (1.19%)