



Pina Colada Punch

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



30

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients

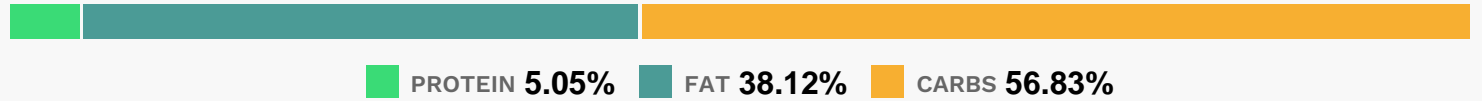
- 20 ounce pineapple crushed canned
- 8 ounce full fat coconut cream canned
- 2 liter lemon-lime carbonated beverage flavored
- 2 cups rum light
- 46 fluid ounce pineapple juice canned
- 0.5 gallon whipped cream softened

Equipment

Directions

- In a large plastic container, combine ice cream, crushed pineapple, coconut cream, pineapple juice and rum.
- Mix well and slowly stir in the lemon-lime soda. Freeze for 4 hours or until slushy.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:8.81, Inflammation Score:-3, Nutrition Score:4.4786956388017%

Nutrients (% of daily need)

Calories: 258.31kcal (12.92%), Fat: 9.63g (14.82%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 30.87g (11.23%), Sugar: 29.31g (32.57%), Cholesterol: 27.76mg (9.25%), Sodium: 58.23mg (2.53%), Alcohol: 5.34g (100%), Alcohol %: 3.12% (100%), Caffeine: 9.98mg (3.33%), Protein: 2.87g (5.74%), Vitamin B2: 0.17mg (9.74%), Calcium: 93.2mg (9.32%), Phosphorus: 80.6mg (8.06%), Vitamin C: 6.63mg (8.03%), Potassium: 230.76mg (6.59%), Vitamin B1: 0.09mg (6.31%), Vitamin A: 297.73IU (5.95%), Fiber: 1.44g (5.77%), Copper: 0.12mg (5.76%), Manganese: 0.11mg (5.33%), Magnesium: 21.25mg (5.31%), Vitamin B6: 0.08mg (4.11%), Vitamin B12: 0.25µg (4.1%), Zinc: 0.59mg (3.9%), Vitamin B5: 0.39mg (3.86%), Iron: 0.43mg (2.38%), Folate: 8.11µg (2.03%), Selenium: 1.39µg (1.99%), Vitamin B3: 0.34mg (1.67%), Vitamin E: 0.2mg (1.35%)