

Piña Colada Shake



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup banana frozen sliced (1 small banana)
- 0.1 teaspoon coconut extract
- 1.5 cups vanilla dairy-free dessert frozen
- 1.5 cups pineapple cubes fresh frozen
- 0.5 cup coconut milk light

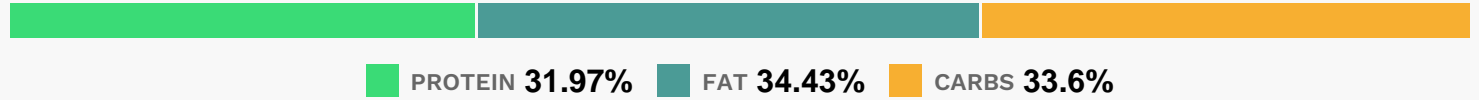
Equipment

- blender

Directions

- Place all ingredients in a blender; process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:4.01, Inflammation Score:-4, Nutrition Score:6.8691304481548%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 131.93kcal (6.6%), Fat: 5.05g (7.76%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 9.99g (3.63%), Sugar: 6.45g (7.17%), Cholesterol: 22.9mg (7.63%), Sodium: 622.65mg (27.07%), Alcohol: 0.05g (100%), Alcohol %: 0.04% (100%), Protein: 10.54g (21.08%), Vitamin B12: 0.96µg (15.93%), Vitamin B3: 3.1mg (15.51%), Vitamin B6: 0.31mg (15.47%), Vitamin E: 2.26mg (15.06%), Calcium: 125.32mg (12.53%), Vitamin B2: 0.2mg (11.58%), Vitamin C: 8.82mg (10.69%), Folate: 33.94µg (8.49%), Vitamin A: 365.8IU (7.32%), Vitamin D: 1.06µg (7.08%), Copper: 0.13mg (6.55%), Potassium: 225.7mg (6.45%), Fiber: 1.09g (4.34%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (4.24%), Manganese: 0.08mg (3.81%), Selenium: 2.32µg (3.31%), Magnesium: 7.61mg (1.9%), Zinc: 0.25mg (1.7%)