

# Piña Colada Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



1

CALORIES



3072 kcal

## Ingredients

- 15 oz cream of coconut canned
- 7 cups lemon lime soda chilled flavored (from 2-liter bottle)
- 2 cups orange juice
- 4 cups pineapple fresh cubed (1 medium)

## Equipment

- food processor
- bowl
- blender

## Directions

- In blender container or food processor bowl with metal blade, combine half each of the pineapple, cream of coconut and orange juice; blend until smooth.
- Pour into 1 1/2-quart nonmetal freezer container. Repeat with remaining pineapple, cream of coconut and orange juice. Cover container; freeze 4 to 6 hours or until icy, stirring twice.
- To serve, spoon 1/2 cup frozen mixture into each glass.
- Add 1/2 cup carbonated beverage to each glass; stir gently.

## Nutrition Facts

 **PROTEIN 1.09%**  **FAT 20.97%**  **CARBS 77.94%**

## Properties

Glycemic Index:110.67, Glycemic Load:71.61, Inflammation Score:-10, Nutrition Score:33.722608509271%

## Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 59.27mg, Hesperetin: 59.27mg, Hesperetin: 59.27mg, Hesperetin: 59.27mg Naringenin: 10.61mg, Naringenin: 10.61mg, Naringenin: 10.61mg, Naringenin: 10.61mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

## Nutrients (% of daily need)

Calories: 3071.82kcal (153.59%), Fat: 72.67g (111.8%), Saturated Fat: 63.96g (399.78%), Carbohydrates: 607.85g (202.62%), Net Carbohydrates: 583.46g (212.17%), Sugar: 558.52g (620.58%), Cholesterol: 0mg (0%), Sodium: 389.38mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 247.8mg (82.6%), Protein: 8.52g (17.05%), Vitamin C: 563.48mg (683.01%), Manganese: 6.19mg (309.38%), Fiber: 24.39g (97.57%), Folate: 267.6µg (66.9%), Vitamin B1: 0.97mg (64.52%), Potassium: 1727.92mg (49.37%), Copper: 0.94mg (47.21%), Vitamin B6: 0.94mg (46.88%), Magnesium: 150.28mg (37.57%), Vitamin B3: 5.53mg (27.66%), Vitamin A: 1374.8IU (27.5%), Vitamin B5: 2.35mg (23.48%), Vitamin B2: 0.36mg (21.18%), Iron: 3.24mg (17.98%), Calcium: 173.4mg (17.34%), Phosphorus: 137.12mg (13.71%), Zinc: 1.21mg (8.03%), Vitamin K: 5.12µg (4.87%), Vitamin E: 0.33mg (2.2%), Selenium: 1.16µg (1.65%)