

Piña Colada Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



5

CALORIES



601 kcal

Ingredients

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

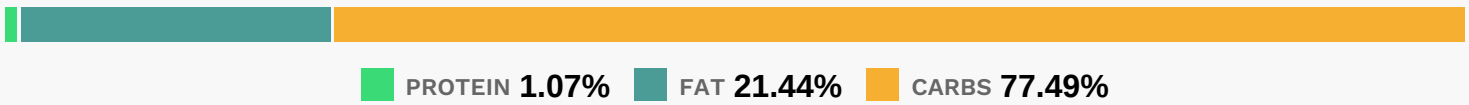
Equipment

- ☐ 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



Properties

Glycemic Index:34.73, Glycemic Load:34.22, Inflammation Score:-6, Nutrition Score:12.268695618795%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 601.15kcal (30.06%), Fat: 14.6g (22.46%), Saturated Fat: 12.79g (79.96%), Carbohydrates: 118.73g (39.58%), Net Carbohydrates: 113.85g (41.4%), Sugar: 107.67g (119.64%), Cholesterol: 0mg (0%), Sodium: 58.05mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.43mg (8.81%), Protein: 1.64g (3.28%), Vitamin C: 112.7mg (136.6%), Manganese: 1.24mg (62.21%), Fiber: 4.88g (19.51%), Folate: 53.52µg (13.38%), Vitamin B1: 0.19mg (12.9%), Potassium: 348.89mg (9.97%), Copper: 0.19mg (9.61%), Vitamin B6: 0.19mg (9.38%), Magnesium: 26.75mg (6.69%), Phosphorus: 60.46mg (6.05%), Vitamin A: 274.96IU (5.5%), Vitamin B3: 1.06mg (5.28%), Iron: 0.94mg (5.25%), Vitamin B5: 0.47mg (4.7%), Vitamin B2: 0.07mg (4.24%), Calcium: 34.68mg (3.47%), Zinc: 0.27mg (1.83%)