



Pina Colada Slush

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

Ingredients

- ☐ 1 medium banana peeled sliced
- ☐ 2 tablespoons coconut or
- ☐ 1 teaspoon coconut extract
- ☐ 4 servings ice crushed
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup rum light
- ☐ 0.3 cup skim milk powder dry instant
- ☐ 12 ounce pineapple juice frozen undiluted thawed canned
- ☐ 0.3 cup water

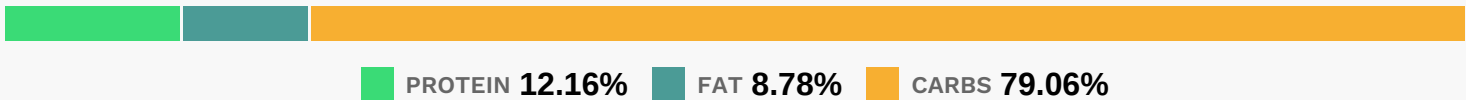
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐ Combine banana and lemon juice; toss gently to coat.
- ☐ Place banana slices on a baking sheet. Cover and freeze 1 hour or until firm.
- ☐ Combine banana, pineapple juice concentrate, and next 5 ingredients in container of an electric blender; cover and process until smooth.
- ☐ Add enough crushed ice to reach 4 cups; cover and process until slushy.
- ☐ Pour into glasses, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:8.24, Inflammation Score:-4, Nutrition Score:6.7382608094941%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 146.35kcal (7.32%), Fat: 1.1g (1.7%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 21.19g (7.71%), Sugar: 16.39g (18.21%), Cholesterol: 1.5mg (0.5%), Sodium: 43.71mg (1.9%), Alcohol: 5.43g (100%), Alcohol %: 4.3% (100%), Protein: 3.44g (6.88%), Manganese: 0.55mg (27.66%), Vitamin C: 13.12mg (15.9%), Vitamin B6: 0.22mg (11.2%), Calcium: 108.22mg (10.82%), Potassium: 365.31mg (10.44%), Vitamin B2: 0.16mg (9.32%), Phosphorus: 89.69mg (8.97%), Magnesium: 27.75mg (6.94%), Folate: 26.36µg (6.59%), Vitamin B1: 0.09mg (6.21%), Vitamin D: 0.82µg (5.5%), Copper: 0.1mg (5.14%), Vitamin B12: 0.3µg (5.04%), Fiber: 1.17g (4.69%), Vitamin B5: 0.43mg (4.27%), Selenium: 2.68µg (3.83%), Vitamin A: 186.78IU (3.74%), Zinc: 0.48mg (3.21%), Iron:

0.44mg (2.42%), Vitamin B3: 0.46mg (2.3%)