

Pina Colada Slush



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

Ingredients

- ☐ 0.3 cup cream of coconut (such as Coco Lopez)
- ☐ 1 cup vanilla yogurt fat-free frozen
- ☐ 1 cup ice cubes
- ☐ 2 cups pineapple fresh cubed
- ☐ 1.5 cups pineapple juice chilled

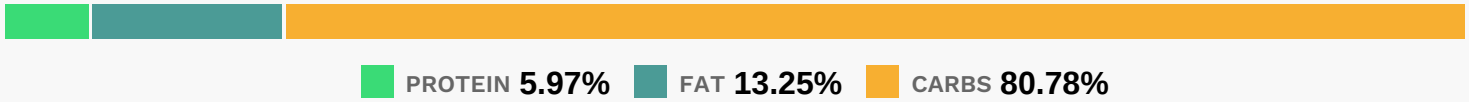
Equipment

- ☐ blender

Directions

- ☐ Place pineapple into freezer; freeze until firm (about 1 hour).
- ☐ Remove from freezer; let stand 10 minutes.
- ☐ Combine juice and cream in a blender. With blender on, add pineapple and ice cubes, 1 at a time; process until smooth.
- ☐ Add yogurt; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:10.82, Inflammation Score:-4, Nutrition Score:10.359130401974%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 226.45kcal (11.32%), Fat: 3.41g (5.25%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 44.84g (16.3%), Sugar: 40.93g (45.48%), Cholesterol: 1.23mg (0.41%), Sodium: 50.33mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Manganese: 1.23mg (61.61%), Vitamin C: 48.71mg (59.05%), Calcium: 117.1mg (11.71%), Vitamin B6: 0.21mg (10.27%), Vitamin B1: 0.14mg (9.4%), Potassium: 323.8mg (9.25%), Vitamin B2: 0.16mg (9.13%), Folate: 36.29µg (9.07%), Phosphorus: 86.57mg (8.66%), Copper: 0.17mg (8.4%), Fiber: 1.95g (7.79%), Magnesium: 30.3mg (7.57%), Selenium: 3.85µg (5.49%), Vitamin B12: 0.29µg (4.8%), Zinc: 0.66mg (4.37%), Vitamin B3: 0.65mg (3.25%), Iron: 0.56mg (3.09%), Vitamin B5: 0.23mg (2.25%), Vitamin K: 1.52µg (1.44%), Vitamin A: 59.63IU (1.19%)