



Piña Colada Smoothie



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 tablespoon honey



1 cup ice cubes



0.5 cup lite coconut milk light



2.5 cups pineapple chunks fresh



0.5 cup coconut sweetened flaked

Equipment

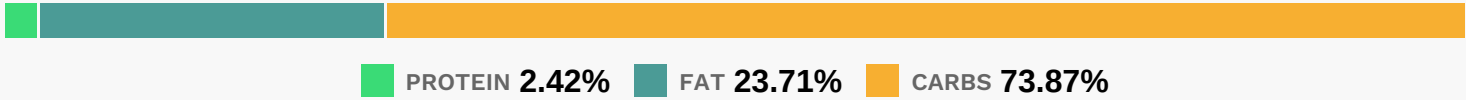


blender

Directions

- ☐ Place all ingredients in a blender and blend until smooth.
- ☐ Pour into glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.14, Glycemic Load:4.51, Inflammation Score:-4, Nutrition Score:8.3482607032942%

Nutrients (% of daily need)

Calories: 347.93kcal (17.4%), Fat: 9.61g (14.78%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 61.37g (22.32%), Sugar: 58.61g (65.12%), Cholesterol: 0mg (0%), Sodium: 111.52mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin C: 27.85mg (33.76%), Fiber: 5.97g (23.88%), Vitamin B1: 0.3mg (20.32%), Copper: 0.4mg (20.09%), Magnesium: 56.59mg (14.15%), Potassium: 448.88mg (12.83%), Vitamin B6: 0.23mg (11.53%), Manganese: 0.21mg (10.61%), Selenium: 4.69µg (6.7%), Iron: 1.19mg (6.63%), Calcium: 53.83mg (5.38%), Vitamin B3: 1mg (5%), Phosphorus: 42.37mg (4.24%), Vitamin B2: 0.07mg (4.08%), Folate: 15.63µg (3.91%), Zinc: 0.48mg (3.21%), Vitamin A: 147.87IU (2.96%), Vitamin K: 2.07µg (1.97%)