



Piña Colada Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



10

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut water
- ☐ 0.7 cup cream of coconut
- ☐ 1 cup coconut milk light
- ☐ 3 cups pineapple fresh cubed
- ☐ 0.5 cup sugar

Equipment

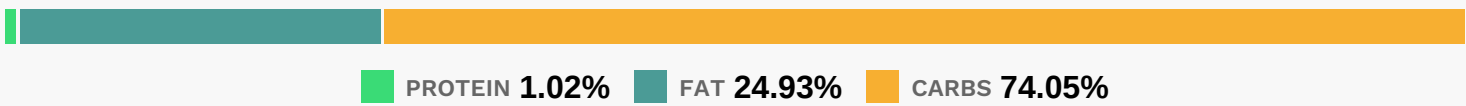
- ☐ bowl
- ☐ whisk

☐ blender

Directions

- ☐ Place first 3 ingredients in a blender, and process until smooth and sugar dissolves.
- ☐ Combine pureed pineapple mixture, coconut milk, and cream of coconut in a bowl; stir with a whisk. Cover and refrigerate until thoroughly chilled.
- ☐ Pour mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:10.72, Inflammation Score:-1, Nutrition Score:3.84086954237333%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 169.92kcal (8.5%), Fat: 4.76g (7.32%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 30.2g (10.98%), Sugar: 28.64g (31.82%), Cholesterol: 0mg (0%), Sodium: 52.33mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 24.24mg (29.38%), Manganese: 0.49mg (24.67%), Fiber: 1.61g (6.46%), Potassium: 114.15mg (3.26%), Copper: 0.06mg (3.24%), Vitamin B6: 0.06mg (3.16%), Vitamin B1: 0.05mg (3.09%), Magnesium: 11.94mg (2.98%), Folate: 9.63µg (2.41%), Vitamin B2: 0.03mg (1.85%), Vitamin B3: 0.27mg (1.33%), Calcium: 12.3mg (1.23%), Iron: 0.22mg (1.21%), Vitamin B5: 0.12mg (1.16%)