



Pina Colada With Toasted Coconut Rim



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



226 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ice cubes
- ☐ 0.8 cup coconut milk light
- ☐ 0.3 cup rum light
- ☐ 1.5 cups pineapple fresh cubed
- ☐ 1 cup pineapple juice
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons coconut or sweetened flaked

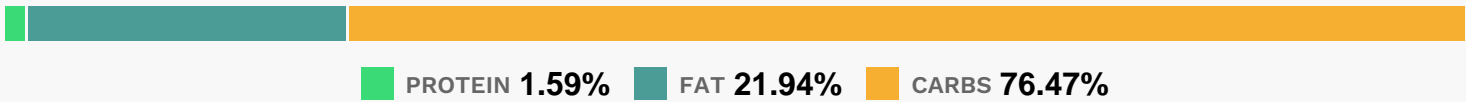
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ measuring cup
- ☐ pastry brush

Directions

- ☐ Place 2 tablespoons flaked sweetened coconut in a small nonstick skillet over medium heat. Cook, shaking the pan often, about 4–5 minutes or until coconut lightly browns.
- ☐ Transfer to a bowl, and cool.
- ☐ Combine 1 1/2 cups cubed fresh pineapple, 1 cup pineapple juice, 3/4 cup light coconut milk (don't rinse measuring cup--see why below), 1/3 cup sugar, 1/4 cup light rum, and 8 ice cubes in a blender. Process until thick and smooth.
- ☐ Dip a pastry brush or folded paper towel into the residual coconut milk in the measuring cup, and brush the inside and outside rims of 4 tall glasses. Dip the rim of each glass in the coconut to coat. Divide the pia colada among the 4 glasses.
- ☐ Garnish with pineapple, if desired.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:19.32, Inflammation Score:-3, Nutrition Score:6.468260800061%

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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 225.99kcal (11.3%), Fat: 4.77g (7.33%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 35.66g (12.97%), Sugar: 31.34g (34.82%), Cholesterol: 0mg (0%), Sodium: 55.84mg (2.43%),

Alcohol: 5.01g (100%), Alcohol %: 2.82% (100%), Protein: 0.78g (1.56%), Manganese: 0.95mg (47.26%), Vitamin C: 35.48mg (43%), Copper: 0.14mg (6.97%), Fiber: 1.72g (6.86%), Vitamin B6: 0.13mg (6.53%), Vitamin B1: 0.09mg (5.67%), Folate: 21.98µg (5.49%), Potassium: 171.47mg (4.9%), Magnesium: 18.56mg (4.64%), Iron: 0.49mg (2.71%), Vitamin B3: 0.48mg (2.4%), Vitamin B2: 0.04mg (2.18%), Selenium: 1.41µg (2.02%), Phosphorus: 17.66mg (1.77%), Calcium: 17.53mg (1.75%), Vitamin B5: 0.18mg (1.75%), Zinc: 0.2mg (1.35%)