

Piña Coladas

 Vegetarian  Gluten Free

READY IN



265 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons agave nectar light
- 12 ounce evaporated milk fat-free canned
- 2.5 cups ice cubes
- 2 cups pineapple fresh cubed
- 8 slices pineapple fresh
- 0.3 cup pineapple juice
- 0.8 cup gold rum (such as Bacardi Gold)
- 2 cups coconut or sweetened flaked

Equipment

- bowl
- baking sheet
- sauce pan
- sieve
- blender

Directions

- Combine 2 cups coconut and evaporated milk in a medium saucepan over medium heat, and cook until tiny bubbles form around edge (do not boil), about 7 minutes.
- Remove from heat. Cover and chill at least 4 hours or up to overnight.
- Arrange pineapple in a single layer on a baking sheet; freeze at least 1 hour or until firm.
- Strain coconut mixture through a sieve over a medium bowl, pressing coconut with the back of a spoon to remove as much milk as possible. Discard solids.
- Combine pineapple, ice cubes, rum, juice, and agave nectar in a blender; process mixture until smooth.
- Add milk mixture, and process until smooth.
- Serve with pineapple slices.

Nutrition Facts



PROTEIN 7.58% **FAT 41.27%** **CARBS 51.15%**

Properties

Glycemic Index:16.83, Glycemic Load:3.86, Inflammation Score:-3, Nutrition Score:7.0769564755585%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 247.69kcal (12.38%), Fat: 9.25g (14.23%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 23.08g (8.39%), Sugar: 20.6g (22.89%), Cholesterol: 12.33mg (4.11%), Sodium: 110.34mg (4.8%),

Alcohol: 7.51g (100%), Alcohol %: 4.43% (100%), Protein: 3.82g (7.64%), Manganese: 0.63mg (31.51%), Vitamin C: 22.25mg (26.97%), Calcium: 122.08mg (12.21%), Phosphorus: 112.49mg (11.25%), Fiber: 2.72g (10.88%), Vitamin B2: 0.16mg (9.53%), Potassium: 262.01mg (7.49%), Magnesium: 27.82mg (6.96%), Copper: 0.14mg (6.9%), Selenium: 4.54µg (6.49%), Vitamin B6: 0.09mg (4.72%), Vitamin B1: 0.07mg (4.59%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.55mg (3.69%), Folate: 14.42µg (3.6%), Iron: 0.56mg (3.11%), Vitamin A: 126.43IU (2.53%), Vitamin B3: 0.49mg (2.47%), Vitamin K: 1.75µg (1.67%), Vitamin B12: 0.07µg (1.13%)