



Pineapple-Apricot Cooler

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

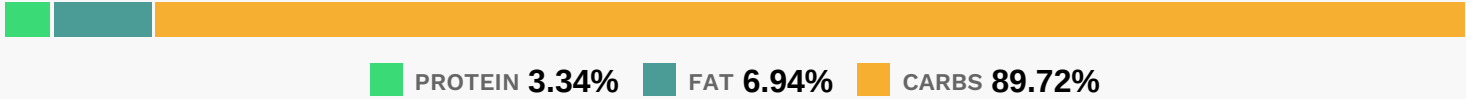
- ☐ 11 ounce all-natural apricot nectar chilled canned
- ☐ 8 ounce pineapple chilled crushed undrained canned
- ☐ 0.3 teaspoon coconut extract
- ☐ 2 cups ice cubes
- ☐ 0.5 cup pineapple juice unsweetened
- ☐ 0.3 cup cup heavy whipping cream plain sour
- ☐ 3 tablespoons sugar

Equipment

Directions

☐ Blend all ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:8.18, Inflammation Score:-7, Nutrition Score:5.6326086683118%

Nutrients (% of daily need)

Calories: 141.3kcal (7.07%), Fat: 1.14g (1.76%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 32.3g (11.75%), Sugar: 30.98g (34.42%), Cholesterol: 2.65mg (0.88%), Sodium: 22.82mg (0.99%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 1.24g (2.47%), Vitamin C: 31.54mg (38.23%), Vitamin A: 1076.01IU (21.52%), Manganese: 0.18mg (8.78%), Vitamin B1: 0.13mg (8.51%), Copper: 0.12mg (5.87%), Potassium: 193.17mg (5.52%), Vitamin B6: 0.11mg (5.37%), Calcium: 49.86mg (4.99%), Magnesium: 19.61mg (4.9%), Vitamin B2: 0.06mg (3.58%), Fiber: 0.87g (3.5%), Phosphorus: 29.64mg (2.96%), Folate: 10.35µg (2.59%), Vitamin E: 0.35mg (2.33%), Iron: 0.34mg (1.91%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.17mg (1.71%), Zinc: 0.25mg (1.64%), Vitamin K: 1.46µg (1.39%), Vitamin B12: 0.08µg (1.26%), Selenium: 0.76µg (1.08%)