



Pineapple-Orange Colada

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- 1.5 cups pineapple chunks fresh drained
- 0.5 cup pineapple juice frozen
- 2 cups pineapple sherbet

Equipment

- blender

Directions

Place all ingredients in blender.

Cover and blend on high speed, stopping blender to scrape sides if necessary, until smooth.

Nutrition Facts

PROTEIN 3.04% **FAT 8.05%** **CARBS 88.91%**

Properties

Glycemic Index:24.25, Glycemic Load:12.7, Inflammation Score:-2, Nutrition Score:4.3113043833038%

Nutrients (% of daily need)

Calories: 175.43kcal (8.77%), Fat: 1.61g (2.48%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.92g (13.79%), Sugar: 33.58g (37.31%), Cholesterol: 0.74mg (0.25%), Sodium: 35.52mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin C: 12.99mg (15.75%), Fiber: 2.17g (8.7%), Vitamin B1: 0.13mg (8.51%), Manganese: 0.16mg (7.84%), Copper: 0.14mg (6.8%), Potassium: 219.4mg (6.27%), Calcium: 57.99mg (5.8%), Magnesium: 22.77mg (5.69%), Vitamin B2: 0.1mg (5.68%), Vitamin B6: 0.11mg (5.65%), Phosphorus: 38.17mg (3.82%), Zinc: 0.48mg (3.18%), Folate: 12.71µg (3.18%), Iron: 0.44mg (2.46%), Selenium: 1.49µg (2.13%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.36mg (1.79%), Vitamin B12: 0.1µg (1.6%), Vitamin A: 79.88IU (1.6%)