



Pink-a-Colada



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

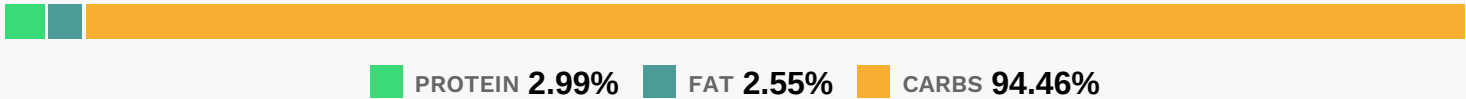
- ☐ 2 cups malibu coconut rum
- ☐ 2 cups coconut water
- ☐ 3 cups cranberry juice cocktail
- ☐ 5 servings garnishes: pineapple wedges
- ☐ 1.5 cups pineapple juice

Equipment

Directions

- ☐ Combine first 4 ingredients in a large pitcher.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.93, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:11.785652160645%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg, Peonidin: 0.62mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 178.99kcal (8.95%), Fat: 0.53g (0.81%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 41.62g (15.14%), Sugar: 35.76g (39.74%), Cholesterol: 0mg (0%), Sodium: 106.08mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 113.03mg (137.01%), Manganese: 1.33mg (66.54%), Potassium: 443.22mg (12.66%), Magnesium: 43.91mg (10.98%), Vitamin B6: 0.19mg (9.7%), Copper: 0.19mg (9.66%), Fiber: 2.35g (9.41%), Vitamin B1: 0.14mg (9%), Folate: 30.47µg (7.62%), Vitamin B2: 0.1mg (5.65%), Iron: 0.89mg (4.94%), Calcium: 47.52mg (4.75%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.34mg (3.36%), Phosphorus: 32.98mg (3.3%), Vitamin E: 0.36mg (2.43%), Vitamin K: 2.31µg (2.2%), Zinc: 0.32mg (2.12%), Selenium: 1.42µg (2.02%), Vitamin A: 63.53IU (1.27%)