



Rum-Spiked Golden Pineapple Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup brown sugar packed
- 4 teaspoons rum dark
- 2.5 cups pineapple juice (3 [6-ounce] cans)
- 0.5 cup water

Equipment

- sauce pan
- baking pan

Directions

- Combine 1/2 cup water and sugar in a saucepan; bring to a boil. Cook over medium-high heat 2 minutes or until sugar dissolves, stirring constantly.
- Remove from heat; cool. Stir in juice and rum.
- Pour mixture into an 11 x 7-inch baking dish; cover and freeze 45 minutes. Stir pineapple mixture with a fork every 45 minutes until completely frozen and slushy (about 4 hours).
- Remove pineapple mixture from freezer; scrape mixture with a fork until fluffy.

Nutrition Facts

PROTEIN 1.46% **FAT 1.05%** **CARBS 97.49%**

Properties

Glycemic Index:10.17, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:3.1569565473043%

Nutrients (% of daily need)

Calories: 106.26kcal (5.31%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 24.45g (8.89%), Sugar: 21.67g (24.08%), Cholesterol: 0mg (0%), Sodium: 6.41mg (0.28%), Alcohol: 1.11g (100%), Alcohol %: 1.06% (100%), Protein: 0.37g (0.74%), Manganese: 0.5mg (25.2%), Vitamin C: 9.83mg (11.92%), Vitamin B6: 0.1mg (5.17%), Folate: 17.82µg (4.46%), Potassium: 144.16mg (4.12%), Copper: 0.08mg (3.87%), Vitamin B1: 0.06mg (3.82%), Magnesium: 13.1mg (3.27%), Calcium: 23.52mg (2.35%), Iron: 0.39mg (2.18%), Vitamin B2: 0.02mg (1.22%), Vitamin B3: 0.21mg (1.05%)