



Skinny Piña Colada

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



50 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup ice cubes
- 4 tablespoons frangelico
- 4 tablespoons pineapple juice
- 2 tablespoons skim milk fat-free

Equipment

- blender

Directions

- Place ice in blender.
- Pour remaining ingredients over ice. Cover; blend until smooth.
- Pour into glass; serve immediately.

Nutrition Facts



PROTEIN 7.95% **FAT 8.84%** **CARBS 83.21%**

Properties

Glycemic Index:46, Glycemic Load:3.5, Inflammation Score:-3, Nutrition Score:3.0430434702531%

Nutrients (% of daily need)

Calories: 49.5kcal (2.47%), Fat: 0.49g (0.76%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 10.3g (3.75%), Sugar: 7.49g (8.32%), Cholesterol: 1.5mg (0.5%), Sodium: 43.03mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Manganese: 0.3mg (15.15%), Vitamin C: 6.21mg (7.53%), Phosphorus: 50.1mg (5.01%), Vitamin B2: 0.08mg (4.92%), Calcium: 43.7mg (4.37%), Copper: 0.08mg (4.2%), Potassium: 139.8mg (3.99%), Vitamin B6: 0.08mg (3.93%), Magnesium: 14.37mg (3.59%), Vitamin B1: 0.05mg (3.44%), Folate: 12µg (3%), Vitamin B12: 0.16µg (2.6%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.17mg (1.71%), Selenium: 0.93µg (1.33%), Iron: 0.19mg (1.03%)