

## Three Ingredient Frozen Pina Colada

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



320 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups ice cubes
- 2.5 cups pineapple juice
- 0.5 cup coconut milk
- 0.5 cup malibu coconut rum
- 3 servings pineapple
- 3 servings maraschino cherries for garnish

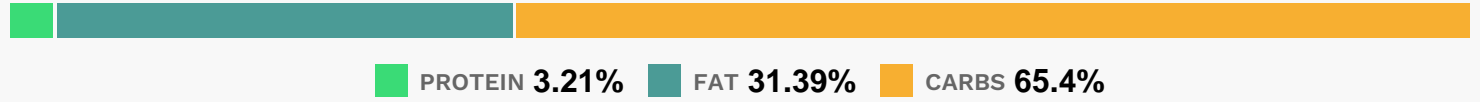
### Equipment

- blender

## Directions

- Add ice, pineapple juice, coconut milk, and rum to the blender. Blend until smooth and creamy.
- Serve with fresh pineapple wedges and cherry garnish.

## Nutrition Facts



## Properties

Glycemic Index:72.22, Glycemic Load:18.15, Inflammation Score:-5, Nutrition Score:13.359565217391%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Taste

Sweetness: 100%, Saltiness: 5.99%, Sourness: 42.95%, Bitterness: 25.35%, Savoriness: 0.97%, Fattiness: 13.9%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 320.34kcal (16.02%), Fat: 8.38g (12.89%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 37.57g (13.66%), Sugar: 29.69g (32.99%), Cholesterol: 0mg (0%), Sodium: 22.08mg (0.96%), Alcohol: 13.36g (74.22%), Protein: 1.93g (3.85%), Manganese: 2.05mg (102.65%), Vitamin C: 59.48mg (72.09%), Copper: 0.36mg (18.19%), Vitamin B6: 0.3mg (15.01%), Folate: 55.52µg (13.88%), Magnesium: 53.39mg (13.35%), Vitamin B1: 0.19mg (12.66%), Potassium: 430.31mg (12.29%), Iron: 2.13mg (11.83%), Fiber: 1.71g (6.83%), Phosphorus: 60.24mg (6.02%), Calcium: 52.87mg (5.29%), Vitamin B3: 1.05mg (5.25%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 59.93IU (1.2%), Vitamin K: 1.24µg (1.18%)