



Healthdor

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Small Pia Colada ♦

A refreshing tropical cocktail made with pineapple and coconut flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

100 ml	Pineapple juice
100 ml	coconut cream
50 ml	white rum
100 g	ice cubes
1 pieces	pineapple slice
1 pieces	maraschino cherry

Directions

Step 1

Blender

In a blender, combine pineapple juice, coconut cream, white rum, and ice cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour into a glass and garnish with a pineapple slice and a maraschino cherry.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	18 g	81.82%	105.88%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue

Course

Drinks Salads Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Pregnancy Safe

Diet

Zone Diet OMAD (One Meal a Day) Diet Vegan Diet The Ice Cream Diet
 The Peanut Butter Diet The Bulletproof Diet The HCG Diet
 The Starch Solution Diet The GOLO Diet The Migraine Diet

The Celiac Disease Diet

Meal Type

Brunch

Supper

Difficulty Level

Medium

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