

Pina Colada



Servings: 2

1 1/2 cups pineapple

1 cup coconut milk

1 cup ice

4 ounces rum

To a blender add pineapple, coconut milk, ice, and rum. Blend until smooth.

Pour into glasses.

Serve

Per Serving (excluding unknown items): 496 Calories; 29g Fat (65.8% calories from fat); 4g Protein; 30g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 31mg Sodium; 21g Total Sugars; 0mcg Vitamin D; 53mg Calcium; 3mg Iron; 514mg Potassium; 137mg Phosphorus. Exchanges: .