



# VIRGIN MANGO PINA COLADA

SERVES: THREE 8 OZ CUPS

@KICKCRAMPSASS

## INGREDIENTS

- 2 CUPS PINEAPPLE, DICED
- 1 CUP MANGO, DICED
- 1 CAN COCONUT MILK (13.5 FL OZ)
- 1 CUP ORANGE JUICE
- 1 LIME, SQUEEZED
- 1/8 TEASPOON CINNAMON\*
- 1/8 TEASPOON ALL SPICE\*
- 1/8 TEASPOON NUTMEG\*

## PROCEDURE

- 01 PLACE INGREDIENTS, EXCEPT THE SPICES, IN A BLENDER.
- 02 MIX THOROUGHLY.
- 03 POUR OVER ICE THEN GARNISH WITH SPICES. ENJOY!

## NUTRITION FACTS

- CALORIES: 380
- TOTAL FAT: 26.67G
- SATURATED FAT: 24.16G
- SODIUM: 19MG
- POTASSIUM: 676MG
- TOTAL CARBOHYDRATES: 36.23G
- DIETARY FIBER: 2.7G
- SUGARS: 25.55G
- PROTEIN: 4.27G
- VITAMIN A: 832IU
- MAGNESIUM: 88MG
- PHOSPHOROUS: 155MG
- VITAMIN C: 119.6MG
- CALCIUM: 56MG
- IRON: 4.8MG
- VITAMIN K: 3.3UG
- ZINC: 0.95MG
- VITAMIN E: 0.75MG