

Piña Colada Sorbet

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pina-colada-recipe-puerto-rican-style>

Ingredients:

- 3 cups fresh pineapple peeled and cored
- 1/2 cup sugar
- 3/4 cup coconut milk
- 1 tablespoon dark rum optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Fat: 5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 4.5 grams
7. Sugar: 19 grams

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