

# Low Carb Pina Colada Icee

5 net carbs per serving for 2 servings.



LowCarbDiet.com



## DIRECTIONS

Very Simple: Mix all ingredients in a blender on high speed. For variations, try with raspberries, blueberries, blackberries or strawberries.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 2 c heavy whipping cream
- 1/2 c pineapple, crushed
- 2 scoop vanilla protein powder
- 1/2 tsp coconut extract, optional
- 1 c crushed ice

## Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

<b>Calories</b> 2119	Calories from Fat: 1587
	<b>% Daily Values*</b>
<b>Total Fat</b> 178g	275%
Saturated Fat 111g	553%
<b>Cholesterol</b> 663mg	221%
<b>Sodium</b> 827mg	34%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 3g	12%
<b>Protein</b> 110g	
<b>Vitamin A</b>	240%
<b>Vitamin C</b>	124%
<b>Calcium</b>	152%
<b>Iron</b>	14%

\* Percent Daily Values are based on a 2000 calorie diet.