



Ambrosia

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- 24 oz grapefruits
- 4 maraschino cherries
- 2 oz marshmallows miniature
- 4 navel oranges
- 6 oz grapes green red seedless halved
- 2 tablespoons sugar
- 2 oz coconut or shredded sweetened

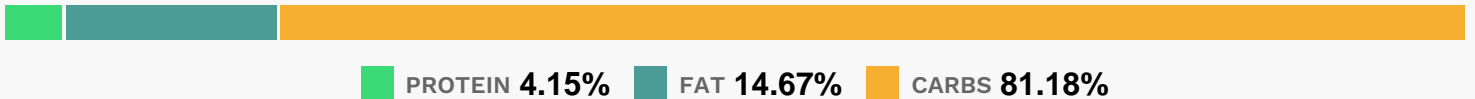
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350F.
- Spread coconut on a large baking sheet. Toast, stirring occasionally, until light brown, 8 to 10 minutes.
- Let cool. Put 4 dessert bowls in refrigerator to chill.
- Peel oranges and grapefruit, removing white pith. Working over a bowl to catch juices, cut segments from membrane. Put fruit in same bowl. (For instructions to slice perfect citrus segments, see Tip Strip, left.)
- Just before serving, stir cooled coconut, grapes, sugar (adjust amount to taste) and marshmallows into bowl with oranges and grapefruits. Stir gently to avoid breaking up citrus segments.
- Spoon ambrosia into chilled bowls and top each with a cherry.
- Serve ambrosia with butter cookies or slices of pound cake, if desired.

Nutrition Facts



Properties

Glycemic Index:50.4, Glycemic Load:18.39, Inflammation Score:-9, Nutrition Score:15.098260734392%

Flavonoids

Hesperetin: 31.21mg, Hesperetin: 31.21mg, Hesperetin: 31.21mg, Hesperetin: 31.21mg Naringenin: 65.46mg, Naringenin: 65.46mg, Naringenin: 65.46mg, Naringenin: 65.46mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 316.82kcal (15.84%), Fat: 5.6g (8.62%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 62.81g (22.84%), Sugar: 52.42g (58.25%), Cholesterol: 0mg (0%), Sodium: 50.99mg (2.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin C: 137.27mg (166.39%), Vitamin A: 2332.23IU (46.64%), Fiber: 7g (27.99%), Manganese: 0.46mg (23.05%), Folate: 71.84µg (17.96%), Potassium: 592.9mg (16.94%), Vitamin B6: 0.28mg (13.82%), Vitamin B1: 0.2mg (13.48%), Copper: 0.23mg (11.44%), Calcium: 107.19mg (10.72%), Magnesium: 41.26mg (10.31%), Vitamin B5: 0.94mg (9.38%), Vitamin B2: 0.16mg (9.29%), Phosphorus: 87.77mg (8.78%), Vitamin K: 6.33µg (6.02%), Vitamin B3: 1.1mg (5.5%), Iron: 0.8mg (4.45%), Selenium: 2.87µg (4.1%), Vitamin E: 0.57mg (3.8%), Zinc: 0.54mg (3.59%)