



Ambrosia

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



482 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coconut or freshly grated
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup maraschino cherries drained
- ☐ 6 ounces marshmallows homemade mini
- ☐ 1 cup clementine orange segments
- ☐ 1 cup pecans toasted chopped
- ☐ 1 cup pineapple fresh chopped
- ☐ 4 ounces cup heavy whipping cream sour

☐ 1 tablespoon sugar

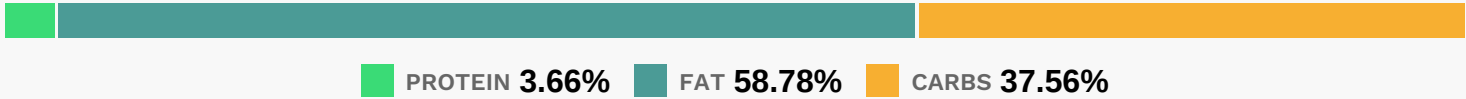
Equipment

- ☐ bowl
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the cream and sugar into the bowl of a stand mixer with the whisk attachment and whip until stiff peaks are formed.
- ☐ Add the sour cream and whisk to combine.
- ☐ Add the marshmallows, orange, pineapple, coconut, pecans and cherries and stir to combine.
- ☐ Transfer to a glass serving bowl, cover and place in the refrigerator for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:40.29, Glycemic Load:18.49, Inflammation Score:-6, Nutrition Score:12.056956591813%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 482.12kcal (24.11%), Fat: 33.22g (51.11%), Saturated Fat: 15.73g (98.31%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 41.96g (15.26%), Sugar: 34.47g (38.31%), Cholesterol: 33.56mg (11.19%), Sodium: 40.22mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Manganese: 1.48mg (73.79%), Vitamin C: 29.81mg (36.13%), Fiber: 5.82g (23.27%), Copper: 0.44mg (21.8%), Vitamin B1: 0.18mg (12.28%), Phosphorus: 114.63mg (11.46%), Magnesium: 45.67mg (11.42%), Vitamin A: 511.79IU (10.24%), Zinc: 1.33mg (8.9%), Potassium: 283.75mg (8.11%), Selenium: 5.32µg (7.59%), Calcium: 75.67mg (7.57%), Vitamin B2: 0.13mg (7.55%), Vitamin B6: 0.15mg (7.3%), Iron: 1.22mg (6.8%), Folate: 21.43µg (5.36%), Vitamin B5: 0.53mg (5.3%), Vitamin E: 0.64mg (4.27%), Vitamin B3: 0.57mg (2.87%), Vitamin D: 0.32µg (2.12%), Vitamin K: 2.08µg (1.99%), Vitamin B12: 0.07µg (1.19%)