



Ambrosia

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- 2 cranberry-orange relish peeled chopped
- 2 cups pineapple rings fresh canned chopped
- 0.5 cup coconut sweetened

Equipment

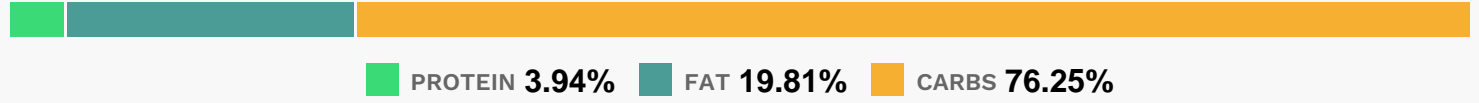
Directions

- Mix all ingredients well. Refrigerate and let the flavors mingle for at least a day.

Serves about

Truly nectar of the gods!

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:1.74, Inflammation Score:-3, Nutrition Score:4.1773912841859%

Flavonoids

Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 89.02kcal (4.45%), Fat: 2.1g (3.23%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 15.68g (5.7%), Sugar: 15.29g (16.99%), Cholesterol: 0mg (0%), Sodium: 20.79mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 28.9mg (35.03%), Fiber: 2.53g (10.13%), Vitamin B1: 0.1mg (6.71%), Copper: 0.11mg (5.26%), Potassium: 179.42mg (5.13%), Magnesium: 17.03mg (4.26%), Folate: 16.33µg (4.08%), Manganese: 0.08mg (3.94%), Vitamin B6: 0.07mg (3.68%), Calcium: 27.9mg (2.79%), Vitamin A: 128.42IU (2.57%), Selenium: 1.6µg (2.29%), Vitamin B2: 0.03mg (1.84%), Iron: 0.32mg (1.78%), Phosphorus: 17.42mg (1.74%), Vitamin B3: 0.34mg (1.72%), Vitamin B5: 0.12mg (1.19%)