



Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 1 medium coconut or
- ☐ 3 tablespoons cooking sherry
- ☐ 8 large navel oranges
- ☐ 1 pinch sea salt
- ☐ 2 tablespoons sugar

Equipment

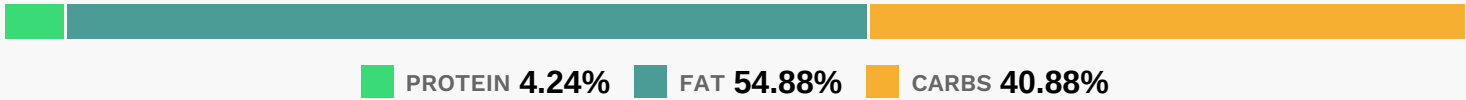
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ baking pan
- ☐ peeler
- ☐ box grater

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Pierce softest eye of coconut with a small screwdriver, then drain liquid and discard.
- ☐ Bake coconut in a shallow baking pan until it cracks, about 20 minutes. When cool, wrap in a towel and break shell with a hammer. Pry flesh from shell with screwdriver and peel off brown membrane with a vegetable peeler. Rinse coconut flesh. Coarsely grate coconut on large holes of a box grater using light pressure in long strokes to produce long, feathery flakes.
- ☐ Cut peel and pith from oranges with a sharp paring knife. Working over a large bowl, cut segments free from membranes, letting them drop into bowl; squeeze juice from membranes into bowl.
- ☐ Gently toss oranges with coconut, sugar, salt, and Sherry. Chill, covered, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:12.717826246891%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 30.64mg, Hesperetin: 30.64mg, Hesperetin: 30.64mg, Hesperetin: 30.64mg Naringenin: 9.96mg, Naringenin: 9.96mg, Naringenin: 9.96mg, Naringenin: 9.96mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 260.43kcal (13.02%), Fat: 16.84g (25.91%), Saturated Fat: 14.76g (92.27%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 20.69g (7.52%), Sugar: 18.04g (20.04%), Cholesterol: 0mg (0%), Sodium: 16.48mg (0.72%),

Alcohol: 0.58g (100%), Alcohol %: 0.37% (100%), Protein: 2.93g (5.86%), Vitamin C: 84.38mg (102.28%),
Manganese: 0.79mg (39.58%), Fiber: 7.55g (30.18%), Folate: 60.56µg (15.14%), Copper: 0.27mg (13.55%),
Potassium: 413.12mg (11.8%), Phosphorus: 89.29mg (8.93%), Vitamin B1: 0.13mg (8.55%), Magnesium: 31.84mg
(7.96%), Iron: 1.4mg (7.8%), Selenium: 5.04µg (7.19%), Vitamin B6: 0.14mg (7.01%), Vitamin A: 345.8IU (6.92%),
Calcium: 67.69mg (6.77%), Vitamin B5: 0.52mg (5.17%), Vitamin B2: 0.08mg (4.87%), Zinc: 0.66mg (4.43%),
Vitamin B3: 0.87mg (4.35%), Vitamin E: 0.33mg (2.19%)