



Ambrosia



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 1 large banana
- ☐ 4.5 ounce maraschino cherries drained well
- ☐ 6 navel oranges
- ☐ 1 cup lasagne pasta sheets fresh shredded sweetened frozen to taste
- ☐ 1 pineapple cored peeled cut into cubes

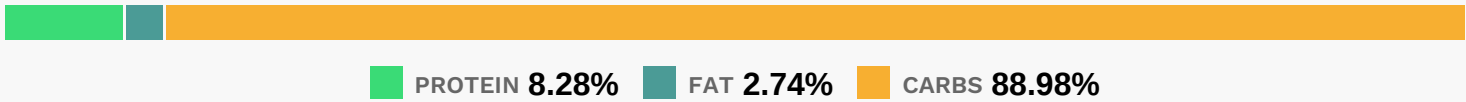
Equipment

- ☐ bowl

Directions

- ☐ Peel the oranges, taking care to remove all the white pith. Slice the oranges over a bowl or storage container so that you catch any juice, and add the slices to the bowl. Circular slices look prettiest, hold together best, and are easiest.
- ☐ Add the pineapple and coconut to the orange slices and gently toss. The ambrosia can be refrigerated up to two days, covered.
- ☐ When ready to serve, slice the banana and toss it with other fruits.
- ☐ Add the cherries last.
- ☐ Serve the ambrosia in your prettiest glass bowl. It will become a tradition.
- ☐ Nathalie Dupree's Comfortable Entertaining by Nathalie Dupree
- ☐ Viking

Nutrition Facts



Properties

Glycemic Index:19.43, Glycemic Load:18.52, Inflammation Score:-7, Nutrition Score:15.730435039686%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 259.17kcal (12.96%), Fat: 0.83g (1.28%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 54.85g (19.95%), Sugar: 29.12g (32.35%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Vitamin C: 117.61mg (142.55%), Manganese: 1.4mg (69.91%), Selenium: 19.01µg (27.15%), Fiber: 5.79g (23.17%), Folate: 64.79µg (16.2%), Vitamin B6: 0.31mg (15.74%), Copper: 0.29mg (14.35%), Vitamin B1: 0.19mg (12.84%), Potassium: 427.76mg (12.22%), Magnesium: 46.03mg (11.51%), Phosphorus: 93.31mg (9.33%), Vitamin B3: 1.63mg (8.14%), Calcium: 75.53mg (7.55%), Vitamin B5: 0.71mg (7.08%), Vitamin B2: 0.12mg (7.05%), Vitamin A: 343.02IU (6.86%), Iron: 0.96mg (5.34%), Zinc: 0.7mg (4.69%), Vitamin E: 0.24mg (1.58%), Vitamin K: 1.15µg (1.09%)