



Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup rum dark
- ☐ 2 pink grapefruit red
- ☐ 2 kiwifruit peeled cut into wedges
- ☐ 3 oranges
- ☐ 2 cups strawberry halves
- ☐ 0.3 cup coconut or sweetened flaked

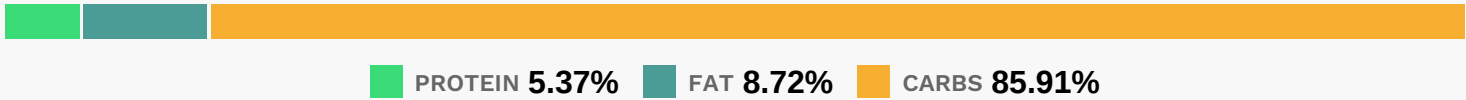
Equipment

☐ bowl

Directions

- ☐ Peel and section oranges and grapefruit over a bowl; squeeze membranes to extract juice.
- ☐ Add sections to bowl; discard membranes. Stir in strawberries and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:2.47, Inflammation Score:-5, Nutrition Score:4.272173964459%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 6.05mg, Hesperetin: 6.05mg, Hesperetin: 6.05mg, Hesperetin: 6.05mg Naringenin: 12.67mg, Naringenin: 12.67mg, Naringenin: 12.67mg, Naringenin: 12.67mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 53.88kcal (2.69%), Fat: 0.49g (0.75%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 9.12g (3.32%), Sugar: 8.07g (8.96%), Cholesterol: 0mg (0%), Sodium: 4.62mg (0.2%), Alcohol: 1.11g (100%), Alcohol %: 1.7% (100%), Protein: 0.68g (1.36%), Vitamin C: 37.45mg (45.4%), Vitamin A: 386.95IU (7.74%), Fiber: 1.72g (6.88%), Manganese: 0.1mg (4.83%), Vitamin K: 4.43µg (4.22%), Folate: 16.77µg (4.19%), Potassium: 129.41mg (3.7%), Vitamin B1: 0.04mg (2.54%), Magnesium: 9.22mg (2.31%), Calcium: 22.88mg (2.29%), Copper: 0.05mg (2.26%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.17mg (1.72%), Vitamin E: 0.25mg (1.69%), Phosphorus: 16.85mg (1.68%), Vitamin B2: 0.02mg (1.41%), Vitamin B3: 0.23mg (1.15%)