



## Ambrosia Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



190 kcal

BEVERAGE

DRINK

## Ingredients

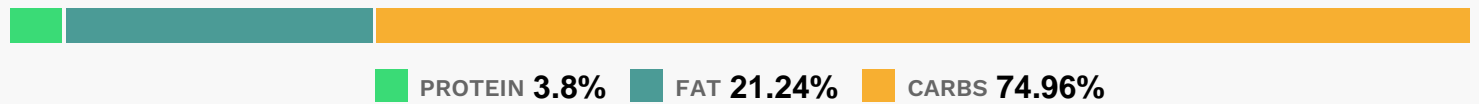
- 0.5 cup coconut or frozen thawed grated toasted
- 8 maraschino cherries
- 3 navel oranges peeled
- 1.5 tablespoons orange juice
- 0.5 pineapple fresh cored peeled cut into cubes
- 1 grapefruit red peeled
- 750 milliliter sparkling rosé wine
- 0.3 cup sugar

# Equipment

## Directions

- Toss together oranges, grapefruit, and pineapple; set aside.
- Pour orange liqueur into a shallow saucer. Dip rims of 8 glasses in liqueur; dip rims in sugar, and let stand 30 minutes to dry completely.
- Spoon fruit mixture evenly into glasses.
- Add ros wine, filling three-fourths full; top with grated coconut and cherries.
- Serve immediately.
- Note: For testing purposes only, we used Sugar In The Raw for turbinado sugar.

## Nutrition Facts



## Properties

Glycemic Index:10.46, Glycemic Load:4.58, Inflammation Score:-7, Nutrition Score:9.5243478689505%

## Flavonoids

Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg Naringenin: 13.76mg, Naringenin: 13.76mg, Naringenin: 13.76mg, Naringenin: 13.76mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg 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: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 189.66kcal (9.48%), Fat: 3.64g (5.6%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 25.41g (9.24%), Sugar: 22.66g (25.18%), Cholesterol: 0mg (0%), Sodium: 10.21mg (0.44%), Alcohol: 6.72g (100%), Alcohol %: 3.37% (100%), Protein: 1.46g (2.93%), Vitamin C: 67.74mg (82.11%), Manganese: 0.7mg (34.81%), Fiber: 3.46g (13.86%), Vitamin A: 518.36IU (10.37%), Potassium: 305.16mg (8.72%), Folate: 33.44µg (8.36%), Vitamin B6: 0.16mg (7.8%), Copper: 0.15mg (7.7%), Magnesium: 29.87mg (7.47%), Vitamin B1: 0.1mg (6.46%), Calcium: 49.97mg (5%), Phosphorus: 47.49mg (4.75%), Iron: 0.85mg (4.74%), Vitamin B2: 0.07mg (4.08%), Vitamin B5: 0.38mg (3.83%), Vitamin B3: 0.7mg (3.49%), Zinc: 0.33mg (2.19%), Selenium: 1.28µg (1.82%), Vitamin E: 0.16mg (1.04%)