



Ambrosia Fruit Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds chopped
- 1 large banana sliced
- 0.5 cup coconut flakes flaked
- 1.5 cups grapes green
- 1 cup marshmallows miniature
- 2 large navel oranges peeled
- 2 cups pineapple fresh cubed
- 6 ounces vanilla yogurt

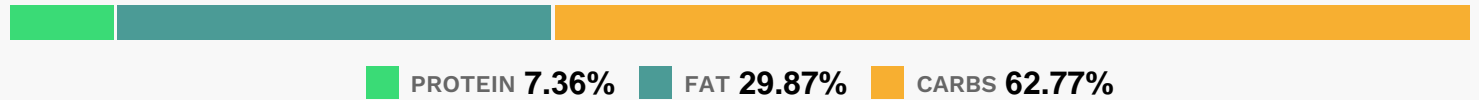
Equipment

bowl

Directions

In a large serving bowl, combine the first seven ingredients. Gently fold in yogurt. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:38.32, Glycemic Load:13.42, Inflammation Score:-5, Nutrition Score:12.502608465112%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 228.43kcal (11.42%), Fat: 8.19g (12.59%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 34.07g (12.39%), Sugar: 27.49g (30.55%), Cholesterol: 1.42mg (0.47%), Sodium: 30.06mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin C: 57.38mg (69.56%), Manganese: 0.94mg (47.19%), Fiber: 4.63g (18.53%), Copper: 0.27mg (13.69%), Vitamin B6: 0.26mg (12.83%), Vitamin B2: 0.22mg (12.73%), Potassium: 435.3mg (12.44%), Magnesium: 47.66mg (11.92%), Vitamin E: 1.74mg (11.58%), Phosphorus: 109.86mg (10.99%), Calcium: 98.72mg (9.87%), Folate: 37.52µg (9.38%), Vitamin B1: 0.14mg (9.11%), Vitamin K: 6.06µg (5.77%), Vitamin B5: 0.57mg (5.75%), Iron: 0.91mg (5.06%), Vitamin B3: 0.99mg (4.95%), Zinc: 0.73mg (4.87%), Selenium: 3.4µg (4.86%), Vitamin A: 198.84IU (3.98%), Vitamin B12: 0.15µg (2.5%)