



Ambrosia Fruit Salad

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 11 ounce mandarin orange segments drained canned
- 2.5 cups coconut or shredded
- 8 ounce fruit cocktail drained canned
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 10 ounce maraschino cherries drained
- 3 cups marshmallows miniature
- 8 ounce pineapple chunks drained canned

- 0.5 cup walnuts chopped
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

Directions

- In a large bowl, combine the whipped topping, coconut, chopped nuts, fruit cocktail, pineapple, mandarin oranges, marshmallows, cherries, nutmeg and cinnamon.
- Mix together well and refrigerate for 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:7.8, Inflammation Score:-4, Nutrition Score:5.6060869641926%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 245.22kcal (12.26%), Fat: 11.42g (17.57%), Saturated Fat: 7.45g (46.56%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 32.71g (11.89%), Sugar: 29.52g (32.79%), Cholesterol: 0.38mg (0.13%), Sodium: 30.65mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Manganese: 0.48mg (24.1%), Vitamin C: 11.57mg (14.02%), Fiber: 3.46g (13.86%), Copper: 0.24mg (12.21%), Vitamin A: 415.96IU (8.32%), Phosphorus: 58.12mg (5.81%), Magnesium: 22.6mg (5.65%), Potassium: 182.41mg (5.21%), Vitamin B1: 0.08mg (5.18%), Iron: 0.89mg (4.96%), Calcium: 42.91mg (4.29%), Selenium: 2.92µg (4.17%), Zinc: 0.6mg (4%), Vitamin B6: 0.08mg (3.8%), Folate: 12.75µg (3.19%), Vitamin B2: 0.04mg (2.56%), Vitamin E: 0.32mg (2.14%), Vitamin B3: 0.42mg (2.1%), Vitamin K: 1.8µg (1.71%), Vitamin B5: 0.1mg (1.03%)