



Ambrosia Mold

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

READY IN



280 min.

SERVINGS



40

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained canned
- 0.5 cup baker's angel flake coconut
- 1.5 cups marshmallows jet-puffed miniature
- 6 oz jell-o orange flavor gelatin
- 8 oz pineapple in juice crushed undrained canned
- 2 cups water boiling
- 40 servings water cold
- 1.5 cups cool whip whipped topping thawed

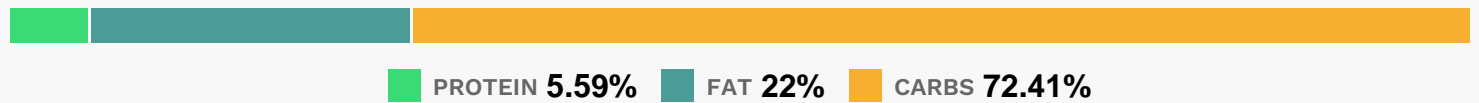
Equipment

- bowl
- whisk

Directions

- Drain pineapple, reserving juice.
- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add enough cold water to reserved juice to measure 1 cup. Stir into gelatin. Refrigerate 1-1/4 hours or until slightly thickened.
- Add COOL WHIP; whisk until blended. Refrigerate 10 min. or until mixture is thick enough to mound. Stir in pineapple, oranges, marshmallows and coconut. Spoon into 6-cup mold sprayed with cooking spray.
- Refrigerate 3 hours or until firm. Unmold.

Nutrition Facts



Properties

Glycemic Index:1.51, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:0.944347821499999%

Nutrients (% of daily need)

Calories: 41.84kcal (2.09%), Fat: 1.07g (1.64%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.56g (2.75%), Sugar: 6.93g (7.7%), Cholesterol: 0.06mg (0.02%), Sodium: 36.6mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 3.19mg (3.87%), Copper: 0.06mg (3.23%), Vitamin A: 107.2IU (2.14%), Manganese: 0.03mg (1.49%), Magnesium: 5.47mg (1.37%), Fiber: 0.34g (1.37%), Calcium: 11.75mg (1.18%), Phosphorus: 11.67mg (1.17%)