



Ambrosia Pie

READY IN



45 min.

SERVINGS



8

CALORIES



562 kcal

Ingredients

- 0.8 cup coconut or flaked toasted
- 8 ounce cream cheese softened
- 9 ounce graham cracker crust (extra serving size)
- 11 ounce mandarin oranges in syrup light canned
- 1 halves garnishes: maraschino cherries flaked toasted
- 8.3 ounce pineapple in heavy syrup crushed canned
- 14 ounce condensed milk sweetened canned
- 2.5 cups non-dairy whipped topping frozen divided thawed

Equipment

paper towels

hand mixer

Directions

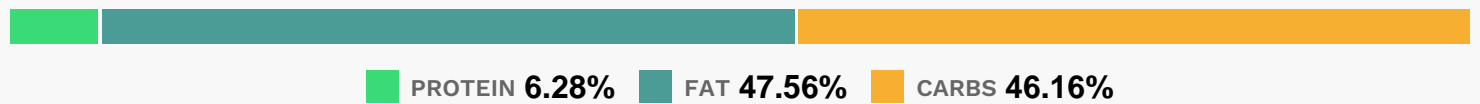
Drain oranges and pineapple, reserving 2 tablespoons pineapple syrup. Gently press oranges and pineapple between paper towels to remove excess moisture.

Beat cream cheese at medium-high speed of an electric mixer until creamy. Gradually add reserved pineapple syrup and milk, beating until smooth. Fold in 1 1/2 cups whipped topping. Gently fold in orange-pineapple mixture and 3/4 cup coconut. Spoon filling into crust. Cover; freeze until firm.

Let pie stand at room temperature 20 minutes before serving. Dollop remaining 1 cup whipped topping on top of pie.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:18.77, Inflammation Score:-6, Nutrition Score:12.088695616826%

Flavonoids

Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg

Nutrients (% of daily need)

Calories: 561.76kcal (28.09%), Fat: 30.34g (46.68%), Saturated Fat: 17.27g (107.94%), Carbohydrates: 66.26g (22.09%), Net Carbohydrates: 63.27g (23.01%), Sugar: 48.29g (53.66%), Cholesterol: 45.97mg (15.32%), Sodium: 323.14mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Manganese: 0.65mg (32.53%), Phosphorus: 236.77mg (23.68%), Vitamin B2: 0.39mg (22.87%), Calcium: 215.53mg (21.55%), Selenium: 12.8µg (18.29%), Vitamin C: 14.57mg (17.66%), Vitamin A: 810.99IU (16.22%), Potassium: 425.45mg (12.16%), Fiber: 2.99g (11.96%), Vitamin B1: 0.17mg (11.45%), Magnesium: 40.67mg (10.17%), Copper: 0.2mg (9.86%), Folate: 37.86µg (9.46%), Vitamin K: 8.83µg (8.41%), Zinc: 1.25mg (8.31%), Iron: 1.38mg (7.69%), Vitamin E: 1.15mg (7.66%), Vitamin B5: 0.74mg (7.38%), Vitamin B6: 0.15mg (7.32%), Vitamin B3: 1.46mg (7.29%), Vitamin B12: 0.33µg (5.46%)