

Ambrosia Salad II



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



347 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bananas sliced
- ☐ 11 ounce mandarin orange segments canned
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 2 cups coconut or flaked
- ☐ 1 cup maraschino cherries
- ☐ 2 cups marshmallows miniature
- ☐ 1 cup pecans
- ☐ 16 ounce non-dairy whipped topping frozen thawed

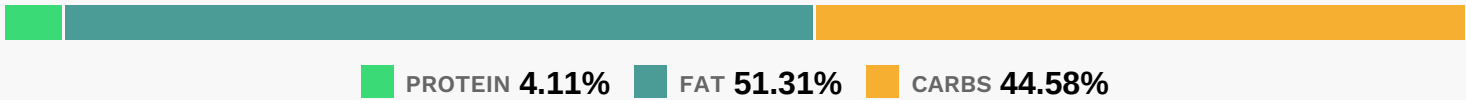
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine mandarin oranges, crushed pineapple, bananas, coconut, marshmallows, and pecan pieces. Fold in whipped topping.
- ☐ Garnish with maraschino cherries. Chill for 1 hour or overnight.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:7.4, Inflammation Score:-5, Nutrition Score:8.6056521768155%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 347.44kcal (17.37%), Fat: 20.82g (32.03%), Saturated Fat: 12.99g (81.17%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 35.56g (12.93%), Sugar: 31.21g (34.68%), Cholesterol: 0.76mg (0.25%), Sodium: 41.7mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.88mg (44.02%), Fiber: 5.14g (20.58%), Vitamin C: 13.47mg (16.32%), Copper: 0.32mg (15.79%), Magnesium: 41mg (10.25%), Vitamin B6: 0.2mg (10.2%), Phosphorus: 94.25mg (9.42%), Potassium: 321.29mg (9.18%), Vitamin B1: 0.13mg (8.49%), Vitamin A: 411.21IU (8.22%), Zinc: 0.99mg (6.6%), Selenium: 4.53µg (6.47%), Iron: 1.04mg (5.79%), Calcium: 55.39mg (5.54%), Vitamin B2: 0.09mg (5.51%), Folate: 12.64µg (3.16%), Vitamin E: 0.46mg (3.07%), Vitamin B5: 0.3mg (3.01%), Vitamin B3: 0.6mg (3.01%), Vitamin K: 2.15µg (2.04%), Vitamin B12: 0.08µg (1.26%)