



WHATSheATE



Ambrosia Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 0.3 cup coconut or flaked toasted
- ☐ 8 ounce cream cheese with pineapple soft
- ☐ 0.3 cup slivered almonds toasted chopped

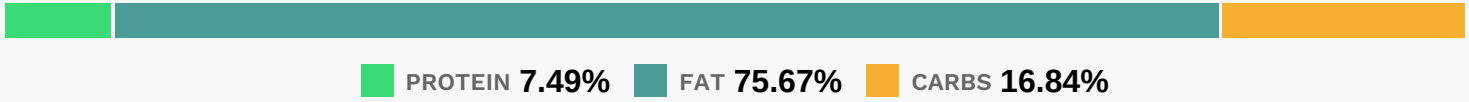
Equipment

- ☐ bowl

Directions

- ☐
- Set aside 3 orange segments for garnish. Chop remaining oranges; set aside.
- ☐
- Combine cream cheese, coconut, and almonds in a medium bowl; stir until blended. Fold in chopped orange. Arrange reserved orange segments on top. Cover and chill.
- ☐
- Serve with date-nut bread, banana bread, or gingersnaps.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:6.1430435647135%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 201.48kcal (10.07%), Fat: 17.55g (27.01%), Saturated Fat: 9.84g (61.47%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 7.02g (2.55%), Sugar: 6.17g (6.85%), Cholesterol: 38.18mg (12.73%), Sodium: 122.64mg (5.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin A: 1189.59IU (23.79%), Vitamin C: 17.67mg (21.42%), Vitamin E: 1.57mg (10.47%), Manganese: 0.2mg (10.21%), Vitamin B2: 0.16mg (9.29%), Phosphorus: 75.1mg (7.51%), Fiber: 1.76g (7.05%), Selenium: 4.3µg (6.14%), Magnesium: 24.46mg (6.11%), Calcium: 55.93mg (5.59%), Copper: 0.1mg (5.13%), Potassium: 172.8mg (4.94%), Zinc: 0.68mg (4.51%), Vitamin B1: 0.07mg (4.39%), Vitamin B6: 0.06mg (3.02%), Vitamin B5: 0.26mg (2.65%), Iron: 0.47mg (2.59%), Vitamin B3: 0.45mg (2.25%), Folate: 8.3µg (2.07%), Vitamin B12: 0.08µg (1.39%)