



WHATSheATE



Ambrosia Terrine



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce gelatin powder unflavored
- ☐ 7 large navel oranges
- ☐ 1.7 cups orange juice
- ☐ 0.8 cup pecans toasted coarsely chopped
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 6 ounce coconut or fresh unsweetened frozen thawed grated (2 cups)

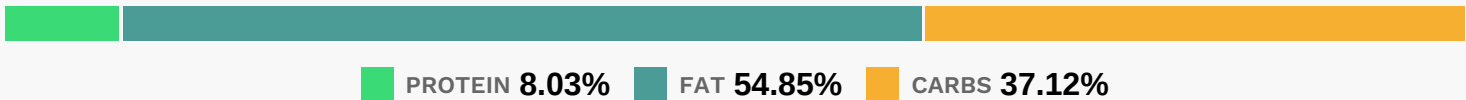
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Line a 9- x 5-inch loaf pan with plastic wrap, and chill. Peel and section oranges, squeezing membranes and reserving juice in a separate bowl. (Every drop of juice counts.)
- ☐ Mix together orange sections and next 3 ingredients.
- ☐ Combine freshly squeezed orange juice with additional orange juice to make 2 cups, and boil with sugar in a saucepan. In a separate bowl, sprinkle gelatin over 1 cup additional juice, and let soften 1 minute.
- ☐ Pour boiling orange juice into gelatin mixture, and whisk until gelatin has dissolved.
- ☐ Pour orange-coconut mixture into prepared loaf pan. Cover with juice mixture, cover with plastic wrap, and chill at least 3 hours. Slice terrine, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:5.92, Inflammation Score:-7, Nutrition Score:14.662608764742%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 32.96mg, Hesperetin: 32.96mg, Hesperetin: 32.96mg, Hesperetin: 32.96mg Naringenin: 9.8mg, Naringenin: 9.8mg, Naringenin: 9.8mg, Naringenin: 9.8mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 316.93kcal (15.85%), Fat: 20.71g (31.86%), Saturated Fat: 12.78g (79.84%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 24.38g (8.87%), Sugar: 21.17g (23.53%), Cholesterol: 0mg (0%), Sodium: 21.44mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin C: 98.65mg (119.58%), Manganese: 1.05mg (52.4%), Fiber: 7.16g (28.62%), Copper: 0.43mg (21.4%), Folate: 62.17µg (15.54%), Vitamin B1: 0.2mg (13.65%), Potassium: 460.85mg (13.17%), Magnesium: 50.3mg (12.58%), Phosphorus: 107.85mg (10.78%), Vitamin B6: 0.2mg (10.05%), Selenium: 5.76µg (8.24%), Vitamin A: 411.11IU (8.22%), Calcium: 72.38mg (7.24%), Vitamin B2: 0.12mg (7.08%), Iron: 1.24mg (6.92%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.98mg (6.51%), Vitamin B3: 0.97mg (4.84%), Vitamin E: 0.43mg (2.85%)