



Ambrosia with Apples

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



45

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup coconut flakes frozen thawed grated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 apples i use 2 granny smith apples chopped
- ☐ 2 grapefruit peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 cranberry-orange relish peeled
- ☐ 4 cups pineapple fresh chopped (1 small pineapple)

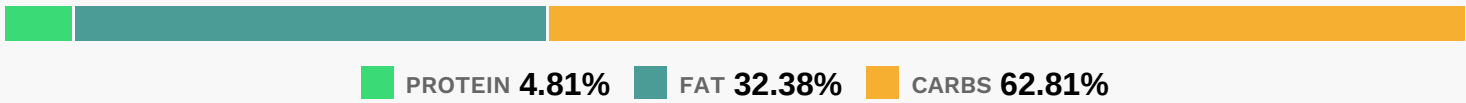
Equipment

☐ bowl

Directions

- ☐ Layer first 4 ingredients (in the order listed) in a large glass serving bowl or trifle dish.
- ☐ Sprinkle apple with lemon juice. Cover and chill 1 to 4 hours.
- ☐ Sprinkle fruit mixture with coconut and mint. Gently toss just before serving.
- ☐ *Blood oranges may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.51, Glycemic Load:1.88, Inflammation Score:-2, Nutrition Score:2.4895652299342%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.27mg, Hesperetin: 3.27mg, Hesperetin: 3.27mg, Hesperetin: 3.27mg Naringenin: 5.5mg, Naringenin: 5.5mg, Naringenin: 5.5mg, Naringenin: 5.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 32.38kcal (1.62%), Fat: 1.28g (1.96%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 0.97mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin C: 17.14mg (20.77%), Manganese: 0.2mg (9.88%), Fiber: 1.09g (4.37%), Vitamin A: 178.37IU (3.57%), Copper: 0.04mg (2.1%), Folate: 8.23µg (2.06%), Potassium: 68.66mg (1.96%), Vitamin B1: 0.03mg (1.91%), Vitamin B6: 0.04mg (1.86%), Magnesium: 6.06mg (1.52%), Vitamin B5: 0.11mg (1.09%), Calcium: 10.42mg (1.04%)