



Ambrosia with Meringues

 Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 12 prebaked meringue cookies
- ☐ 1 cup cranberries fresh
- ☐ 4 large navel oranges
- ☐ 2 cups pineapple chunks fresh
- ☐ 0.5 cup sugar
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 0.5 cup water

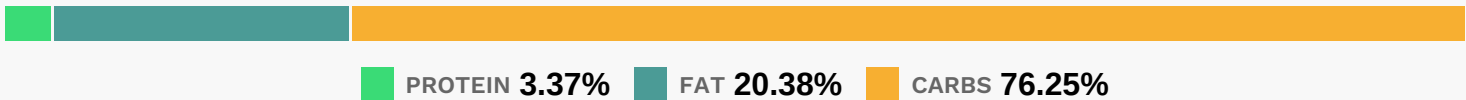
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; cook, stirring often, over medium heat 6 to 8 minutes or until most of cranberries pop. Grate 1 Tbsp. plus 1 tsp. orange rind from oranges.
- ☐ Remove cranberries from heat, and stir in 1 tsp. orange rind.
- ☐ Let cranberries cool completely. Cover and refrigerate.
- ☐ Section oranges over a large bowl, catching juices.
- ☐ Add pineapple and 1 Tbsp. orange rind to orange sections in bowl. Cover and chill until ready to serve.
- ☐ To serve, spoon oranges and pineapple into individual dessert dishes; top evenly with cranberry mixture.
- ☐ Sprinkle each serving with coconut.
- ☐ Serve with meringue cookies.

Nutrition Facts



Properties

Glycemic Index:29.85, Glycemic Load:20.27, Inflammation Score:-6, Nutrition Score:9.6417391196541%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg 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: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin:

1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 289.22kcal (14.46%), Fat: 6.86g (10.56%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 53.38g (19.41%), Sugar: 42.58g (47.31%), Cholesterol: 0mg (0%), Sodium: 87.27mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin C: 64.91mg (78.67%), Fiber: 4.41g (17.62%), Vitamin B1: 0.22mg (14.48%), Folate: 52.18µg (13.05%), Manganese: 0.22mg (10.93%), Potassium: 301.04mg (8.6%), Copper: 0.17mg (8.32%), Vitamin B6: 0.16mg (7.9%), Vitamin B2: 0.13mg (7.89%), Magnesium: 28.5mg (7.13%), Vitamin B3: 1.33mg (6.63%), Vitamin A: 297.16IU (5.94%), Iron: 1.06mg (5.87%), Calcium: 57.96mg (5.8%), Vitamin E: 0.86mg (5.76%), Phosphorus: 46.74mg (4.67%), Vitamin B5: 0.36mg (3.6%), Selenium: 2.43µg (3.47%), Vitamin K: 3.59µg (3.41%), Zinc: 0.3mg (2.02%)