



Ambrosia with Sprinkles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 2 bananas sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 7 to 8 navel oranges peeled seeded
- ☐ 0.8 cup orange juice
- ☐ 1.5 cups pecan halves toasted
- ☐ 0.5 pineapple peeled cut into chunks
- ☐ 1.3 cups coconut or sweetened flaked toasted

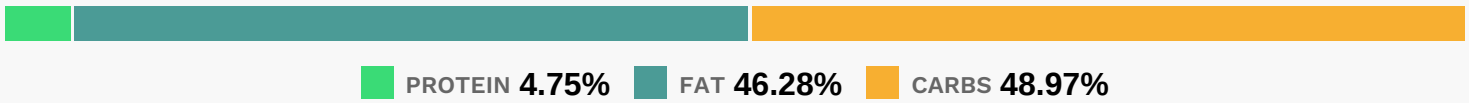
Equipment

bowl

Directions

- Combine first 3 ingredients in a large bowl, gently tossing to coat. Cover and chill 8 hours.
- Toss together bananas and lemon juice, and add to orange mixture.
- Sprinkle fruit mixture with sugar, if desired.
- Sprinkle each serving evenly with pecans and coconut.

Nutrition Facts



Properties

Glycemic Index:21.93, Glycemic Load:8.46, Inflammation Score:-8, Nutrition Score:16.781739157179%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 30.11mg, Hesperetin: 30.11mg, Hesperetin: 30.11mg, Hesperetin: 30.11mg Naringenin: 9.25mg, Naringenin: 9.25mg, Naringenin: 9.25mg, Naringenin: 9.25mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 314.68kcal (15.73%), Fat: 17.49g (26.9%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 34.23g (12.45%), Sugar: 27.25g (30.28%), Cholesterol: 0mg (0%), Sodium: 40.21mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Vitamin C: 115.28mg (139.73%), Manganese: 1.61mg (80.29%), Fiber: 7.41g (29.63%), Copper: 0.41mg (20.29%), Vitamin B1: 0.28mg (18.9%), Folate: 69.94µg (17.48%), Vitamin B6: 0.32mg (16.12%), Potassium: 545.03mg (15.57%), Magnesium: 60.24mg (15.06%), Phosphorus: 108.14mg (10.81%), Vitamin A: 411.38IU (8.23%), Vitamin B2: 0.14mg (7.99%), Calcium: 78.74mg (7.87%), Zinc: 1.16mg (7.73%), Vitamin B5: 0.77mg (7.67%), Vitamin B3: 1.41mg (7.03%), Iron: 1.12mg (6.22%), Selenium: 3.22µg (4.6%), Vitamin E: 0.5mg (3.33%), Vitamin K: 1.22µg (1.16%)